



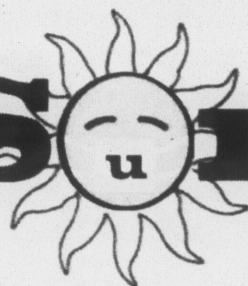
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The Quincy Sun



Historic Quincy's Hometown Weekly Newspaper Since 1968

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VOL. 53 No. 20

Thursday, January 28, 2021

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Photo Courtesy Stephanie Graham

Andronico Appointed Ward 2 Councillor

Council, School Committee To Fill Andronico's Vacated School Seat

By SCOTT JACKSON
School Committee Vice Chairman Anthony Andronico will join the City Council as the next representative from Ward 2.

City councillors on Monday picked Andronico to succeed Brad Croall, who resigned from the position

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"Thank you to the City Council for the opportunity

Cont'd On Page 21

Koch: No Decision Yet On Proposed Social Justice Dept.

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The City Council on Jan. 19 passed an ordinance es-

tablishing the new department, which would consist of a single employee, a director, who would be tasked to, "create equity and inclusion among all populations in Quincy." More than 30 residents voiced their support for the creation of the

department during a public hearing that evening.

The measure is now awaiting Koch's approval. The mayor would also be responsible for proposing a budget for the new department and for appointing the new director.

In a phone interview on Monday, Koch said he not yet decided whether he would approve of the ordinance creating the proposed department. He said he did not watch the Jan. 19 meeting and wanted to review

Cont'd On Page 13

★ Veterans Food Give Away Feb. 11 ★

By GEORGE BOUCHARD

Quincy Veterans Services
On Thursday, Feb. 11th Quincy Veterans Services and the Veterans Voice Radio Station 95.9 will be conducting a free food give away for veterans and their families.

This event will take place at Pagsant Field at the Vietnam Veterans Drive, Quincy from 10 a.m. to 12:30 p.m. We are asking all veterans interested in this event to pre-register at mmsh.org - this will allow the food to be released to us. You may also listen to 95.9 on

Thursday evenings on Veterans Voice from 7-8 p.m. for any new information or changes. You may also contact George Bouchard at the Quincy Veterans Services to help you in pre-registering with your dd214 which is needed.

This event will feature a number of organizations of people helping people during these difficult times. All we ask of you is to register and drive up and stay in your car with a mask on of course and open your truck and we will load you up and

send you on your way back home. Any information during this event will be confidential (this is where the masks come in) to all who join up.

The Mayor's Office and the City of Quincy takes pride in helping and serving our veterans as they served us. The cut off date for this event is Feb. 6th so we have time to get our supplies.

Also were are asking you to bring any old flags you may have at home so that it gets the proper disposal and retirement. You may also

bring your 2020 calendar if you still have it and we will burn this as well to wipe away this past year.

Any businesses interested in donating to this special event can contact George Bouchard at 617-376-1194 or email me at gbouchard@quincyma.gov for more information and further instructions.

Let's not forget about the men and women who served our country who we have lost this past year and the ones that are still struggling during these unprecedented times.



REMEMBERING CHRISTOPHER McCALLUM - Family and friends of Christopher McCallum placed red and black ribbons throughout Squantum on Saturday in memory of the 44-year-old former Squantum resident. Today - Thursday - marks the two-year anniversary of his death. The beloved husband, son and father of three died Jan. 28, 2019 after an altercation at the Nickerson American Legion Post in Squantum. More photos on Page 11.

Courtesy Photo

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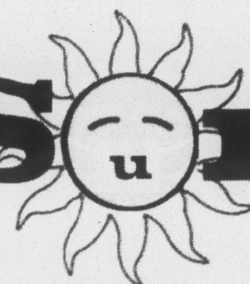
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Blood Pressure Response To Exercise

Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

Every time your heart contracts you can feel a surge of blood pulsing through your arteries, such as in the radial artery at your wrist and in the brachial artery at your elbow. The pressure to propel blood into your arteries is produced by the forceful contraction of your left ventricle, which is the most muscular pumping chamber of your heart. To accommodate the powerful blood infusion your arteries expand temporarily. The pressure against the artery walls during the contraction phase (called systole) of the left ventricle is your systolic blood pressure, and represents the highest reading during a blood pressure assessment. During the relaxation phase (called diastole) of the left ventricle your arteries return to their normal size, pushing blood forward throughout the process. The pressure against the artery walls during this phase of blood flow is your diastolic blood pressure, and represents the lowest reading during a blood pressure assessment.

When taken at the brachial artery in the arm, normal resting systolic blood pressure is 120 mm Hg and normal resting diastolic blood pressure is 80 mm Hg. During exercise, the heart must pump more blood to the active muscles to meet greater oxygen demands.

To do this, the left ventricle contracts more rapidly (increasing heart rate) and more forcefully (increasing systolic blood pressure). According to the American College of Sports Medicine, exercise-induced increases in systolic blood pressure should not exceed 250 mm Hg. Due to the opening of additional capillary beds and blood vessel elasticity, diastolic blood pressure should remain the same or decrease slightly during an aerobic activity session.

We have conducted several studies on the blood pressure response to exercise, especially in the area of strength training which has an undesired reputation for raising blood pressure to undesirable levels. Let's begin with endurance exercise, which is typically performed at a moderate intensity, approximately 75 percent of maximum heart rate. At this effort level, systolic blood pressure increases about 35 percent above resting level during the activity period. For example, if your resting systolic blood pressure is 120 mmHg, it will rise to about 162 mmHg during a stationary cycling session performed at normal training intensity (75 percent of maximum heart rate). Numerous studies have shown that (over time) regular endurance exercise results in significantly reduced resting blood pressure readings,

both systolic and diastolic.

In our strength training research, we first monitored systolic blood pressure during upper body exercise. Our study participants performed arm curls with a weight load that fatigued the biceps muscles within 10 repetitions. Their systolic blood pressure increased progressively during the exercise set to a maximum level 35 percent above resting at the end of the final repetition. That is, this standard upper body strength exercise had the same effect on systolic blood pressure as stationary cycling.

In a subsequent study, we monitored systolic blood pressure during lower body exercise. Our research participants executed leg presses with a weight load that fatigued the hip and thigh muscles within 10 repetitions. Their systolic blood pressure increased progressively during the exercise set to a maximum level 50 percent above resting at the completion of the final repetition. Due to greater muscle mass and heavier resistance, leg exercise typically elicits higher systolic blood pressure responses than upper body exercise. However, the study participants' peak systolic readings were well below the 250 mm Hg caution level. On average, the study participants' systolic blood pressure increased from a resting level of 127

mmHg to a peak reading of 191 mmHg. Immediately after the exercise set, their systolic pressure dropped quickly and their diastolic pressure was actually 10 mmHg lower than the resting level.

Our next study, with 100 middle-aged men and women, examined blood pressure before and immediately following a 25-minute strength training session during which they did one muscle-fatiguing set of 12 Nautilus exercises. Within one minute of completing the full workout, the participants' systolic blood pressure was 2 mmHg above resting level and their diastolic blood pressure was 2 mmHg below resting level. In other words, their blood pressure returned very quickly to pre-exercise levels.

A fourth study assessed blood pressure adaptations to a 10-week program of combined strength (20 minutes/session) and endurance (20 minutes/session) training. The 1644 participants (average age 55) experienced statistically significant reductions in their rest-

ing systolic blood pressure and in their resting diastolic blood pressure. Clearly, people who perform both strength and endurance exercise can expect meaningful improvements in their resting blood pressure readings.

With respect to strength training alone, 77 senior golfers performed 13 Nautilus exercises, three days a week, for a period of eight weeks. On average, they reduced their systolic blood pressure by 6 mmHg and their diastolic blood pressure by 2 mmHg. Our results are consistent with several other studies that have found circuit-style strength training to be essentially as effective as aerobic activity for lowering resting blood pressure.

In our longer-term research studies (our 6-month weight-loss study and our 9-month bone density study), the participants experienced an average systolic blood pressure reduction of almost 9 mmHg, and an average diastolic blood pressure reduction of almost 6 mmHg.

Of course, you should attain your physician's ap-



WAYNE WESTCOTT

proval and advice before beginning any exercise program. However, you may be reasonably assured that both properly performed strength training and regular aerobic activity result in beneficial blood pressure adaptations for enhanced health and fitness.

Wayne L. Westcott, Ph.D., is Chairperson of the Quincy College Exercise Science Department and Director of the College/Community Fitness Center. He has written 30 books on physical fitness and strength training, as well as strength training chapters for 9 National Personal Trainer Textbooks. Wayne can be reached at 617-405-5978 or at wwestcott@quincycolllege.edu.

Spring Cleaning Eyed At Town River Site

By SCOTT JACKSON

The city plans to clean up an area of open space on the Town River near Southern Artery this spring, Ward 1 Councillor David McCarthy said recently, and a passive park with walking trails and benches could one day be located on site.

The site in question is 622 Southern Artery, according to the city assessor's online database, and includes 3.26 acres of land. The Souther Tide Mill is located on part of the parcel, which also wraps around behind the CVS next door.

"You walk around down there behind the Souther Tide Mill all the way around the back of CVS...it's a big area," McCarthy said.

"I had the park guys go in last spring, they've been in a couple times, and we're trying to knock a lot of the brush down and get a lot of the debris out of there."

The goal is to create a passive park on site, he stated.

"We want to clean it up and more or less head towards a passive park," McCarthy said. "There is no elaborate plans on the table. I've spoken with the mayor and company up there on thoughts and there isn't any elaborate plans, but they

feel like they can clean it up and start to make it into a park and put some benches in there."

McCarthy said the cleanup would take place in the spring, but there is no timeline for other items, such as the installation of benches.

"I can tell you in the springtime there will be major cleanup," he said. "In the springtime, people who go to CVS are going to say, 'Wow, what are they doing down here?'"

"Hopefully by then we can get some type of artist's rendition out," showing further plans for the site, he added.

One suggestion McCarthy floated was adding an ice cream stand or take out seafood restaurant. Such a restaurant could be similar to Sullivan's on Castle Island, a popular South Boston takeout spot.

"Possibly down the road you end up with maybe an ice cream shop or maybe a lobster place where you could grab a lobster roll and an ice cream cone and sit at the park and sit over at the Souther Tide Mill," McCarthy said.

The councillor said a handful of Quincy lobstermen currently use the site. A dumpster was brought to

the site in late December so those lobstermen could begin removing equipment they no longer use and other waste.

"The lobstermen are down there...over towards the marina. I've been working with them and this week we put a big dumpster," he said. "The lobster guys have been great, and they are going to take a lot of their old lobster equipment, lobster traps, barrels, debris...and they are going to start filling up this 30- or 40-foot dumpster we have down there."

McCarthy said he would work with the lobstermen moving forward.

"We're going to work with the lobstermen," he stated. "I think it's a good idea to restore the dock down there, it's a good idea to clean it up for the lobsterman."

"I think it will be a nice place for folks coming up along Southern Artery or from Quincy Point to come down to the park and be able to sit down at that park and enjoy."

"Right now, it's really ugly, but it is a big, big piece of land and I was surprised how big it is and how beautiful it is down there on the marsh."

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Stay-At-Home Advisory, Business Curfew Lifted

By SCOTT JACKSON

With coronavirus cases and hospitalizations trending in the right direction, Gov. Charlie Baker has lifted the state's overnight stay-at-home advisory and an order requiring many businesses to close at 9:30 p.m.

A separate order reducing capacity at most businesses statewide will remain in effect for at least two more weeks.

During a State House press conference on Jan. 21, Baker said COVID-19 related hospitalizations had decreased by 10 percent since they peaked earlier in the month. There were 2,209 such individuals in hospitals on Jan. 21, down from 2,428 on Jan. 4. The seven-day average of new cases has dropped by 30 percent, from 6,120 to 4,528 and the positive test rate has fallen

33 percent from 8.7 percent to 5.8 percent.

"We all know we are not out of the woods yet by any means, but things do appear to be getting better here in Massachusetts," the governor said.

"Vaccines are reaching residents. Positive case rates and hospitalizations have stabilized. Those trends are moving in the right direction. As a result, we believe it is OK and it is time to start a gradual easing of some of the restrictions we put in place in the fall."

The overnight stay-at-home advisory — which asked residents to remain at home between 10 p.m. and 5 a.m. daily — was put in place in November along with the order requiring many businesses, such as restaurants, liquor stores, adult-use marijuana stores, personal

services, gyms and cultural, entertainment and recreational facilities to close at 9:30 p.m. Baker lifted both those orders effective Monday morning.

A separate order, requiring many businesses to run at 25 percent capacity, will

remain in effect for at least another two weeks until Feb. 8. That order, which applies to nearly every business in the state, including retailers, restaurants, offices, gyms and houses of worship, among others, has been in effect since Dec. 26.

Baker said those restrictions could be revisited if the numbers continue to trend in the right direction.

"As hospitals continue to stabilize over the holidays and the average positive case rate declines, we hope to see those trends continue

moving forward," he said. "If they do, we will be back to talk about lifting some of those restrictions that are currently in place as soon as it makes sense to do so, so that people can get back to work and back to normal over the coming months."

Quincy Rotary Club Participating In Million Mask Challenge



THE ROTARY CLUB of Quincy is participating in the New England Million Mask Challenge Tour of Rotary Clubs. The Million Mask Challenge was started by Connecticut Rotarian Ted Rossi who is a hardwood exporter. Through the Rossi family foundation, he partnered with Rotary Clubs in the Northeast to deliver masks locally. In October 2020, the Rotary Club of Quincy members met the Challenge Tour truck and distributed masks to the Quincy Police Department, Salvation Army, Interfaith Social Services, Clifford Marshall School and Father Bill's Shelter. Last week, a second order of masks for community distribution has arrived in Quincy. The Rotary Club of Quincy will provide masks to any Quincy organization in need. Contact Club President Jennifer Elliot at Northeast Bank 617-689-8826 to arrange delivery. The Rotary Club of Quincy, founded in 1923 is an organization of local business and civic leaders united worldwide who contribute locally and internationally to provide humanitarian service, encourage high ethical standards in all vocations and help build goodwill and peace in the world. Learn more at QuincyRotary.com. Photo Courtesy Quincy Rotary Club

NQHS Mascot, Nickname Still Being Discussed

By SCOTT JACKSON

Leaders of the student government at North Quincy High School continue to discuss what the school's mascot and team nickname will be going forward.

Principal Robert Shaw said he has left the decision on those matters to the student government to decide.

"I won't do it on my own," Shaw said in a recent phone interview. "I figured the student government was the way to go."

It has not been determined whether the student government will make the call on the new mascot and team name on its own or if they hold will a school-wide referendum on those items, he added.

The school's previous mascot, Yakoo, was adopted in 1957. The mascot was based on a caricature of Dr. Allan Yacubian, a North graduate of Armenian descent, and the original version of it depicted him in Native American attire, including a feathered headdress, and carrying a hammer in one hand and an NQ in the other.

Yacubian and Mayor Thomas Koch unveiled a revised version of the mascot last summer, dropping the Native American imagery and dressing the character in Revolutionary War soldier's attire. Koch at that time said he would use that version of Yakoo as a mascot and the nickname would be left to school officials to decide.

Shaw, in the recent interview, said the original mascot has officially been

retired but no determination has been made about a new mascot.

"Yakoo is retired," he said. "The question is what is next."

The student government is also being tasked with choosing a new nickname for the sports teams. Shaw said the school has used the current team name, Raiders, since 2012. The teams were formerly known as the Red Raiders.

While the announcement concerning Yakoo took place in August, Shaw said the pandemic has slowed the process to pick a new mascot and team name.

"It is a little hard of a process to follow in the remote world," he said.

Shaw stated he wanted to wait until all students were eligible to return the classroom on a part-time basis using a hybrid learning model in October and until student government elections were complete in the fall before beginning the process.

Since then, Shaw said he has met twice with student government to discuss the mascot and nickname, including a meeting earlier this month. The student government is preparing a document discussing the mascot and nickname that will be sent to the entire student body as part of the process, he added.

There is no timeline for when a new mascot or name could be in place.

"I deliberately did not impose a timeline," Shaw said.

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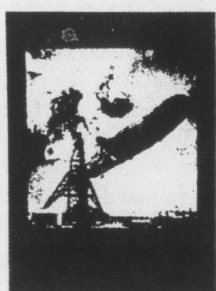
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Moments in time

THE HISTORY CHANNEL

• On Feb. 14, 278 A.D., Valentine, a holy priest in Rome, is executed. Ruler Claudius the Cruel was having difficulty getting soldiers to join his military because of their strong attachment to their wives, and had banned marriages. Valentine continued to perform marriages in secret and was beheaded for it.

• On Feb. 10, 1846, Brigham Young leaves Nauvoo, Illinois, and begins leading 1,600 Mormons west across the frozen Mississippi to a temporary refuge at Sugar Grove, Iowa. It was their first stop in a westward migration that eventually brought 12,000 of them to the Great Salt Lake in Utah.

• On Feb. 12, 1912, Hsian-T'ung, the last emperor of China, is forced to abdicate. A provisional government was established, ending 267 years of Manchu rule in China and 2,000 years of imperial rule. The emperor was only 6 years old.

• On Feb. 13, 1920, The League of Nations, the international organization formed at the peace conference at Versailles in the wake of World War I, recognizes the perpetual neutrality of Switzerland.

• On Feb. 11, 1937, after a six-week sit-down strike by General Motors autoworkers in Flint, Michigan, GM president Alfred P. Sloan signs the first union contract in the history of the American auto industry.

• On Feb. 9, 1964, America meets the Beatles on "The Ed Sullivan Show," with an estimated 73 million Americans watching as the group made its live U.S. television debut. When they sang "She Loves You," the audience exploded in what was perhaps the most important 2 minutes and 16 seconds of music ever broadcast on American television.

• On Feb. 8, 1983, gunmen steal champion Irish racehorse Shergar in County Kildare, Ireland. The 5-year-old thoroughbred stallion was worth \$13.5 million. A \$2 million ransom demand was never paid, and Shergar was never seen again.

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Winter gardening tasks

- Review your successes and failures of the previous year, and plan ahead for the coming growing season.
- Study your online and catalog choices for your garden purchases, and get those orders in so you can get ready for spring.
- Check for frost heaves around your outdoor plants and apply mulch as needed.
- If you have been storing bulbs, corms, or tubers, check them to make sure that they are neither rotting nor totally drying out.
- Recycle your Christmas tree. — Brenda Weaver

Source: thespruce.com

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Economic Impact Payments Are Coming Via Mailed Debit Cards

By THE BETTER BUSINESS BUREAU

The IRS and the Treasury Department are delivering second Economic Impact Payments as part of the Coronavirus Response and Relief Supplemental Appropriations Act of 2021.

Many Americans already received their EIP either by direct deposit to their bank account or in the form of a mailed check. However, the debit cards are being sent to some consumers for whom the Internal Revenue Service (IRS) did not have bank account information on file. The Treasury announced the distribution of EIP Cards follows the millions of payments already made by direct deposit and the ongoing mailing of paper checks and are part of the Department of the Treasury's and the IRS's plan to deliver Economic Impact Payments as rapidly as possible.

Consumers who have not received payment should refer to the GetMyPayment site on IRS.gov for more information and remain vigilant to ensure that the card they receive is legitimate.

Tips on how to recognize a legitimate EIP card:

- EIP Cards are being sent in a white envelope with the U.S. Department of the Treasury seal.
- The Visa® name will appear on the front of the card;

the back of the card has the name of the issuing bank, MetaBank®, N.A.

• The welcome kit explains more about the EIP card. Please go to EIPcard.com for more information and to see a sample image of the card.

Once the card has been verified:

- Activate the card by calling the number provided, setting a 4-digit PIN
- Sign the card.
- Keep the card in a safe place.
- Do not share the information on the card with anyone.
- Use the card anywhere Visa cards are accepted and/or get cash back at a retailer or ATM. Note that most transactions are free, but certain uses could incur fees. For more questions, visit EIPcard.com/FAQ.

BBB warns that scammers may try to text, call or email you, trying to convince you to give up the card number or your personal information. Report any phishing or scam attempts to the IRS and file a report with BBB Scam Tracker to warn others not to fall for the scam.

If you have not received your Economic Impact Payment, you can track your funds using the Get My Payment tracking tool (<https://www.irs.gov/coronavirus/get-my-payment>).

House, Senate Pass Legislation

Members of the Quincy delegation — state Reps. Ron Mariano, Tackey Chan, Bruce Ayers, Dan Hunt and state Sen. John Keenan — worked into the night on the final day of the 2019-2020 legislative session to move bills across the finish line and onto the Governor's desk.

The House and Senate passed landmark legislation to protect college students against sexual violence, investigate racial disparities in maternal health, invest in our economy and transportation infrastructure, create a new small brewers arbitration system, and establish the Opioid Recovery and Remediation Trust Fund.

With the help of survivors, advocates, and students, An Act relative to sexual violence on higher education campuses (S.2979), passed by both branches and signed into law by the governor, will make medical and legal support services available to students free of charge. The new law will also require colleges and universities to provide prevention and bystander intervention training to students and employees, establish climate surveys and mandate results be made public, hire a confidential resource advisor that students can go to or form a partnership with a local sexual assault crisis center that can provide resources to students. Information about campus sexual assault procedures will be required to be posted publicly and policies preventing retaliation for reporting misconduct will need to be put into place.

The House and Senate passed a \$626.5 million economic development bond bill with a special focus on rebuilding our economy as we continue to fight a pan-

demic. The bill includes \$30 million for a loan program supporting businesses impacted by COVID-19, \$5 million to expand broadband access across the state, \$20 million in grants for restaurants, \$50 million in grants to help with the construction of high density housing near transit stops, and \$35 million in matching grants for community development financial institutions to help finance small businesses, with a special focus on minority- and women-owned businesses.

Quincy specifically received a \$100,000 for business development, infrastructure and streetscape improvements to Wollaston Center. In addition to the bond and grant money allocated in the bill, the bill establishes a Student Loan Bill of Rights and a Student Loan Ombudsman Office to help mitigate complaints against student loan borrowers and caps delivery service fees levied against already struggling restaurants.

The House and Senate also passed a \$16.5 billion transportation bond bill to assist Massachusetts' infrastructure projects as the state nears the end of its current transportation bond authority. The Quincy delegation fought to earmark \$2,500,000 for ferry service infrastructure, \$1,000,000 to the city for parking and traffic improvements, \$5,000,000 for renovations and redesign of the pier and docks at Squantum Point Park, \$3,000,000 for construction and safety improvements to Sea Street between the intersection of Palmer Street and Sea Street and the intersection of Quincy Shore Drive and Sea Street, and \$500,000 for the procurement of open space along Quincy Shore Drive.

"I'm proud of the pro-

ductivity shown by the legislature at the end of the session with the passing of these bills," Ayers said. "In particular, I'm pleased to see a robust transportation infrastructure bill passed that includes significant funding that will help us in our goal to establish a ferry service from Squantum Point Park. These funds are important to my district and will help us promote water transportation as an environmentally friendly, economically responsible means of transit."

The legislature also passed and the governor signed into law A Resolve reducing racial inequities in maternal health (H.4818), creating a special legislative commission to make recommendations addressing barriers that result in racial inequities, including women of color dying of pregnancy-related causes. The Commission is charged with gathering statewide data on maternal mortality and making recommendations to reduce and eliminate racial barriers to accessing equitable maternal care.

"The Legislature took an important step toward reducing racial inequities in maternal health with this legislation, and I'm proud of the House's work on how to ensure maternal health equity," said House Speaker Ronald Mariano. "I am grateful to Chair Khan, Representative Miranda and Chair Mahoney for their hard work, and I thank Senate President Spilka for her partnership on this critical issue."

Governor Baker has signed into law An Act relative to craft brewers (S.2841), which creates a new legal means by which craft brewers are able to end agreements with beer distributors. This law creates fair treatment for both

parties as they aim to exit an agreement. A craft brewer, as defined by this legislation, produces fewer than 250,000 barrels of beer per year.

"This new law will help stimulate the craft brewery industry," said Chan, House Chairperson of the Joint Committee on Consumer Protection and Professional Licensure. "By working alongside and listening to all the parties involved in this industry, the outcome is a law that is a fair and balanced solution."

Lastly, the legislature passed An Act establishing the Opioid Recovery and Remediation Trust Fund (H.5129). This Trust Fund, signed off by the Governor, will be funded by settlements from claims against the manufacture, marketing, distribution, and dispensing of opioids. The money will be expended with the purpose of mitigating the impacts of the opioid epidemic here in Massachusetts, working to expand access to prevention, intervention, treatment, and recovery options.

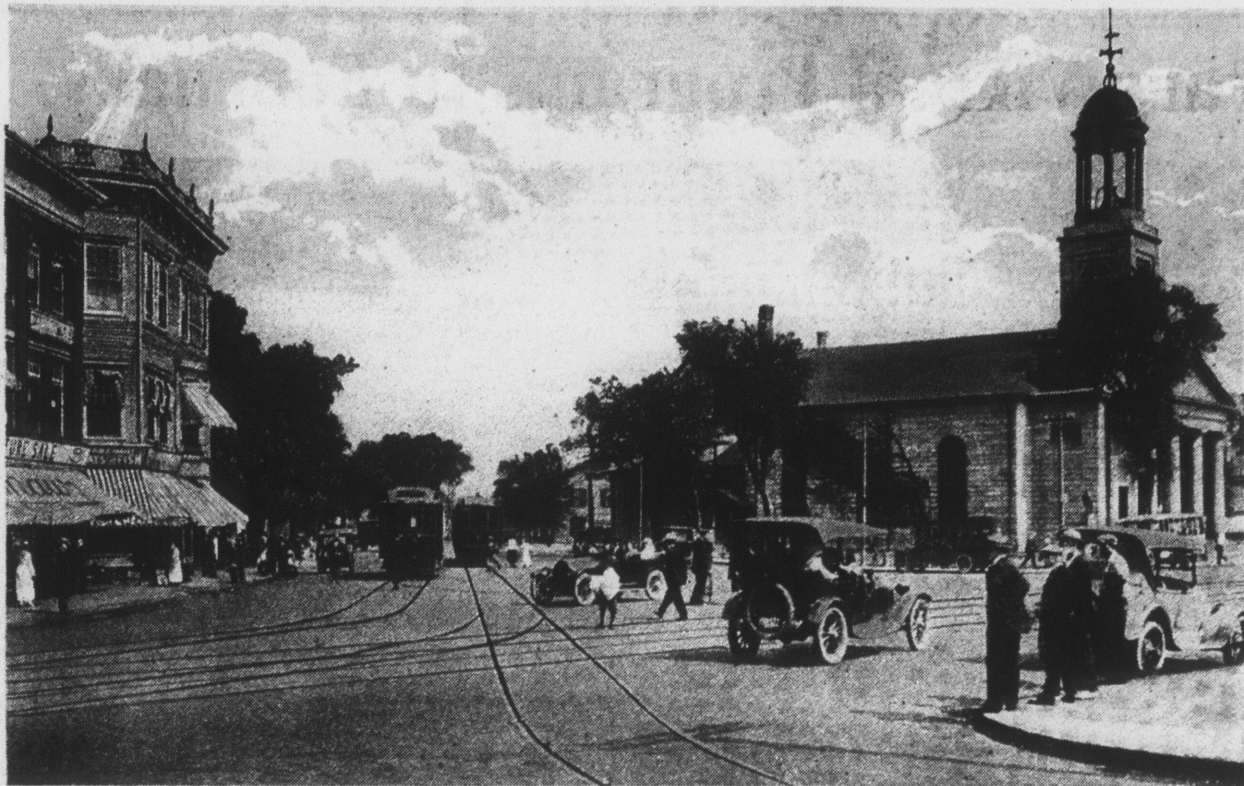
"I am proud of the legislative accomplishments of the 2019-2020 Session," Keenan said. "We provided short-term recovery from the economic impacts of the COVID-19 pandemic through the economic development bill and transportation bond bill, while making long-term investments in the economy, people, resources, and infrastructure of the Commonwealth. We addressed long over needs for survivors of sexual assault and misconduct on campuses, and through the Opioid Recovery Remediation Trust Fund supported ongoing efforts to fund the Commonwealth's response to the opioid epidemic."

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Scenes From Yesterday



THIS 1923 POSTCARD was the first that The Quincy Sun published in this Scenes from Yesterday series that began this week in 1994. This view was from the then newly opened Foy's Market at 1259 Hancock St. in Quincy Square looking down Washington Street. Today, the view would be from the doorway of the Munroe Building at 1259 Hancock St. On the left the W.G. Shaw's Furni-

ture store later become the site of the Bargain Center and is today is the Presidents Place complex. On the right is United First Parish Church. The trolleys went straight down Washington Street to the shipyard and left on Coddington Street to Houghs Neck.

From the Tom Galvin Postcard Collection

Neponset River Watershed Association Awarded Grant To Help Towns Identify Sources Of Pollution

Nitrogen and phosphorus are common pollutants that can lead to algal blooms in local waterways. Algal blooms are unsightly and cause serious water quality problems for recreation and wildlife. They are becoming more prevalent each year.

Due to this trend, the Environmental Protection Agency has challenged communities to address the issue by identifying areas within their towns that are contributing high amounts of nitrogen and phosphorus.

The Neponset River Watershed Association, a local environmental non-profit, recently received a grant from the Massachusetts Department of Environmental Protection to aid towns in this effort.

Patrick Hogan, the Association's Water Resource

Professional, will be leading the project.

"Nitrogen and phosphorus come from many sources such as lawn fertilizers, pet waste, sewage, automobile exhaust, and even fallen leaves and other organic matter," Hogan said. "When rain falls on driveways, streets, and parking lots, it picks up all of these pollutants, becoming polluted runoff or 'stormwater.' This runoff is collected by neighborhood storm drains and delivered to the nearest stream, generally without any sort of treatment to remove the pollutants."

The Association will prepare reports for Canton, Foxborough, Medfield, Milton, Quincy, Randolph, Sharon, Stoughton, and Westwood that will identify areas within each town that

are likely contributors of nitrogen and phosphorus. They will also identify several parcels in each problem area where "green" infrastructure could be installed to help remove pollutants from stormwater before it is discharged to the stream.

"We're pleased to continue assisting local municipalities in their efforts to improve the health of the Neponset River," said the Association's Executive Director Ian Cooke. "These reports will serve as a foundation to address a very important source of water pollution and there will be a great benefit to having all the towns working together on the project."

The Association will address this work as part of the Neponset Stormwater Partnership, a group of 11 towns

in the Neponset Watershed that collaborates while facing the same stormwater issues and requirements.

As part of the project, the Pioneer Valley Planning Commission will also perform the same work for several towns in the Connecticut River Watershed located in western Massachusetts. The methodology that the Association and the Commission develop can be used by other towns to perform the same analysis and improve surface water quality state-wide.

For more information about the project, contact Patrick Hogan, at hogan@neponset.org.

More information on how residents can help prevent water pollution is available at YourCleanWater.org.

Quincy's Yesterdays

This Week
1975
46 Years Ago

Hannon Has Close Lead In Sun Poll

A Quincy Sun mayoralty voter preference poll shows Mayor Walter Hannon nosing out Senator - Council President Arthur Tobin by a hairline 1.5 percent margin and leading Councillor Joseph LaRaia by 8.5 percent.

Grace Saphire was behind by 14 percent and Rep. William Delahunt trailed Hannon by 22 percent.

Two hundred Quincy voters were queried in The Sun's random man-in-street poll.

Editor's Note: In November, LaRaia defeated Hannon in a recount to win the mayor's office by a margin of 483 votes. The recount gave LaRaia 17,231 votes and Hannon - who was seeking a third term - 16,748 votes. Tobin was re-elected as a councillor at-large polling 20,453 votes. Saphir and a fourth mayoral candidate, Michael Jovanovic, were eliminated in a mayoral preliminary election in September. Delahunt withdrew from the council at-large race after he was appointed Norfolk County district attorney by Gov. Michael Dukakis.

GD WINS \$6.8 MILLION REPAIR CONTRACT

General Dynamics Quincy shipyard won a \$6.8 million contract to repair and overhaul the U.S.S. Raleigh, a helicopter landing drydock vessel. The contract represents 400 jobs for the six month overhaul.

COUNCIL OKAYS \$100,000 FOR NQHS ADDITION

In a special two-hour meeting the city council unanimously voted to appropriate \$100,000 for additions and renovations at North Quincy High School.

The council also voted by a seven to one margin, Councillor LaRaia dissenting, to hold a public hearing on March 10 on proposed land-takings on Hunt and Oliver Streets for the additions to the school.

HANNON TO DISCUSS DOWNTOWN FUTURE

Mayor Hannon will discuss downtown Quincy's future at the annual membership meeting of the Quincy Center Business and Professional Association Feb. 5.

Hannon's subject will be "Quincy Center in 1975- A Forecast," John Graham, executive director of Quincy Heritage will outline "planned promotional activities for 1975."

QUINCY-ISMS

Mayor Hannon and Rotary Club President Philip Lawrence announced the Rotary Club had donated a new freezer to the municipal Hot Meals Program... **Walter H. Carroll**, past grand knight of the Knights of Columbus, Quincy Council, was honored for his service to the K of C at a testimonial dinner held at the Neighborhood Club. Carroll has been a member of the Council since 1934... **Mr. and Mrs. Kevin Cotter**, 24 Rawson Rd., Wollaston, welcomed a new daughter into their family... **Eileen O'Malley**, daughter of Mr. and Mrs. William V. O'Malley, 78 Andrews Rd., Wollaston, was the guest speaker at ceremonies when the Fontbonne Academy Class of 1976 received their class rings. Miss O'Malley was the president of the student body... **Gerald Weidmann** was the chairperson of a committee planning a Luau for the St. Ann's Marianns of Wollaston. The event is to be held at St. Ann's School auditorium... Atty. **David Kenefick** and Asst. Dist. Atty. **John P. Connor** were guest speakers at the January meeting of the Norfolk County Legal Secretaries Association. Their topic: "persecution prosecution"... The Quincy High School marching band won top high school honors in the Quincy Festival Parade. **Michael Cahill**, band director, received the \$200 first prize on behalf of the band members... Navy Lt. (LG) **Christopher J. Sterritt**, son of Mr. and Mrs. Frederic Sterritt, 844 East Squantum St., North Quincy, graduated from the Military Justice Lawyer Course at the Navy Justice School, Newport, RI... Marine Gunnery Sgt. **Stanley Rawson, Jr.**, Essex Street, Squantum, re-enlisted in the Marine Corps for four years. He is a 1961 graduate of North Quincy High School... **Lawrence H. Babin**, director of the Quincy Vocational Technical School, announced six members of the senior class were participating in an on-the-job training program with the Pneumatic Scale Corporation of North Quincy. They are **William Fitzgerald, Steve Giggey, Steve Gould, John Hanratty, Kevin O'Malley** and **Mike Salverio**... Airman First Class **Timothy E. Lynch, Jr.**, son of Mr. and Mrs. Timothy E. Lynch, Sr., 29 South Bayfield Rd., North Quincy, has reported for duty at Vance Air Force Base, Okla... Plans were underway by the Beth Israel Brotherhood of Beth Israel Synagogue to honor the Quincy Fire Department president of the Brotherhood. **Irving Isaacson** heads the committee planning the Feb. 16 award breakfast.

READERS FORUM

2 Cities Working Together Not Untenable Or Ludicrous

As I read a long letter to the editor in which the letter writer criticized two previous letter writers (of which I was one of them) discussing the issue of a new Long Island Bridge, I felt the need to respond.

When someone writes that treating the City of Quincy as an equal partner is both "untenable" and "ludicrous" when talking about rebuilding the bridge, I must respond. Saying that Boston is paying for ALL of the cost of the bridge doesn't mean it doesn't need to address any countering opinions from Quincy. That doesn't make much sense, does it?

Last I remember the bridge connects Long Island to Quincy soil in Squantum. Hey, if Boston wanted to build a bridge from Long Island to over by UMass Boston, that would be very uncomplicated. However, once another municipality is involved it only makes sense for both cities finding that solution which is already out there waiting to be discovered. It can only be found if both sides are searching together for that solution.

I was born, raised, educated and now once again live in Boston. However, for

over 25 years I called Wollaston or North Quincy my home. I think I can be objective looking at the issue without taking sides.

If it is untenable or ludicrous to think that two cities sitting side by side on the shores of the Neponset River can't figure out how to best serve both communities than things are far worse than I thought.

I worked for the state Department of Mental Health for over 41 years. I know the potential of Long Island would serve to address the issues of drug and alcohol recovery and chronic home-

lessness.

I think the change in Boston's mayor's office coming up with Mayor Marty Walsh's departure for Washington, D.C. could be a golden opportunity to restart and re-engage talks between both cities.

I am tired of political rhetoric and grandstanding by anyone. There is an issue in Greater Boston actually two issues, substance abuse and homelessness that can't be swept under the rug by anyone. I think this is not an untenable or ludicrous stand to take.

Sal Giarratani
East Boston

Arts & Entertainment

Milton Public Library Virtual Programs In February

Begin Tuesday, Feb. 2

By JEAN HLADY

Milton Public Library

The Milton Public Library is offering some enjoyable and educational virtual programs in the month of February.

On Tuesday, Feb. 2 at 7 p.m., filmmaker and author Craig Dudnik will tell us about a people paying a big price for rights and liberties that many of us take for granted. His talk will be about his documentary called "Evanston's Living History - The Fight to Escape Racial Discrimination."

This is the story of the Crawford Family which begins with African American Anthony Crawford who was born into slavery in 1916 in South Carolina, but acquired 400 acres of prime cotton land through Emancipation. What happens to Anthony ultimately is tragic, but his family eventually moved north to Illinois and found hope, happiness, and success in the city of Evanston. Their life in Illinois becomes a lesson in courage and tenacity about a group of people who transformed a community through dignity and humanity to assume influential positions in government as mayor, fire chief, police chief and more. Please join us to gain insight into the important message from Craig's research to celebrate these extraordinary Americans.

You can register and see details at the link listed below. Also if you would like to watch the film in advance - which is not required to participate - you may reserve the DVD at www.miltonlibrary.org or call (617) 898-4964, or you can stream the film with a Milton Public Library card at Kanopy through our website here: <https://miltonlibrary.kanopy.com>

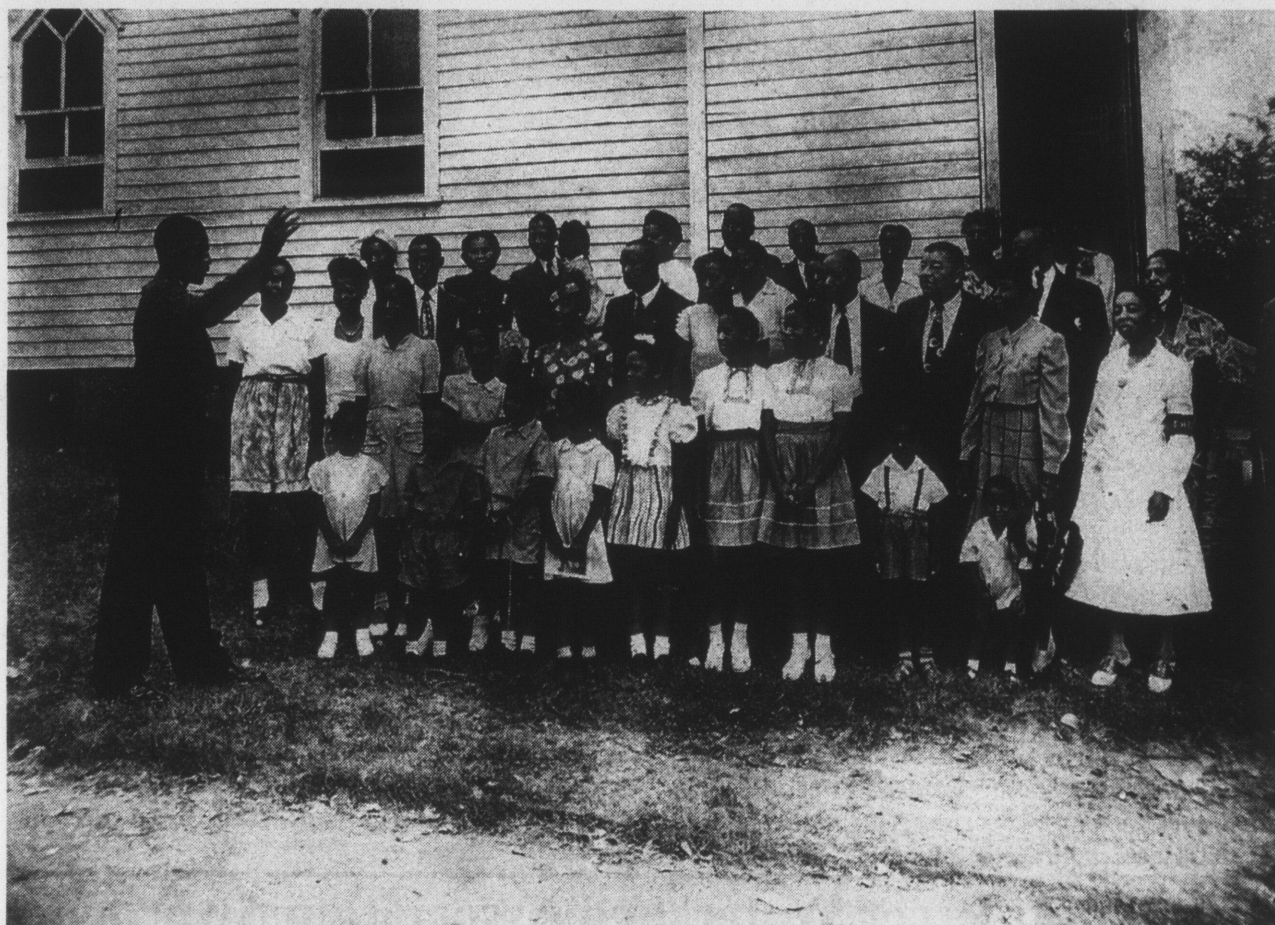
Then on Tuesday, Feb. 9, at 7 p.m., sign up to hear local

author and WCVB television host Ted Reinstein who will give his program called: "Fighting Back: New England Underdogs." This presentation will profile several extraordinary people who overcame enormous odds and daunting challenges to create, succeed, or just live a life of inspiring worth and dignity.

While some of the stories are culled from Reinstein's three books, others are from more recent Chronicle programs. The author is best known in New England as a journalist and reporter for "Chronicle," Boston's celebrated (and America's longest-running, locally-produced) TV news-magazine. Reinstein is also a talented actor, is the co-author of a full-length play plus several short dramatic titles, and he has a passion for the theatre. From every corner of New England, he's found the offbeat, the unique, the moving, and the just plain memorable. Advance registration is required and you may sign up at our website - see link below.

Naturalist and photographer Joy Marzolf returns on Tuesday, Feb. 16 at 7 p.m. to give a talk called "The Mammals of New England." This program is about the large range of mammals found around our region, from the woods, fields and suburbs to the seashore. From the shy fisher to the comical chipmunk, rabbits, foxes, deer, coyotes and even black bear might visit neighborhoods, sometimes under the cover of night.

Learn about animal behavior, tracks, and signs to help figure out who is in your area. Also animals of the shore will be discussed, like harbour, gray or even harp seals, or dolphins and whales offshore. This event is great for all ages, so please include the kids too. Advance registration is



FILMMAKER AND AUTHOR Craig Dudnik will talk about his documentary called "Evanston's Living History - The Fight to Escape Racial Discrimination" at a Milton Public Library virtual program Tuesday, Feb. 2 at 7 p.m.



ANOTHER MILTON PUBLIC Library program entitled "The Orphan Train Movement - History and Legacy" with Michael Brophy will be held Thursday, Feb. 25 at 7 p.m.

required and opened on Jan. 26th at the link listed below.

The Virtual Library Knitting Group is happening again on Saturday, Feb. 27 at 10 a.m. This informal

meeting offers an opportunity each month for people to see each other online, chat, bring a project to work on, and have friends on hand to ask questions when they need help.

This is a fun, ongoing get-together, which just gives everyone "social knitting" for good company too. Knitters and all fiber artists are invited to attend, but in order to participate, Email jhlady@ocln.org (Jean Hlady, Head of Adult Services/Reference) and she will make sure you get on the list to receive the Zoom connection link beforehand. (No signup is required for this program at our website.)

The final February MPL program for adults is hap-

pening on Thursday, Feb. 25 at 7 p.m., and it is a talk called "The Orphan Train Movement - History and Legacy" with Michael Brophy. This professional genealogist and historian will tell us about the real-life story of the 19th and 20th centuries movement of sending orphaned children from the counties out into the country for adoption. From 1854 to 1929, over 200,000 children were transported from New York to the Midwest and beyond in the United States.

The history and legacy of the movement will be explained and discussed, and you will learn about the Children's Aid Society of New York who had to care for 3,000 children in

NYC in 1850. Many children were chosen for adoption and given Bibles, but were never formerly given a new home. For all the details about any of these talks and to register, go to this link: <https://tinyurl.com/y5h8u7xz> or check out www.miltonlibrary.com and click on "events" from the main page.

All of these program are sponsored by the Friends of the Milton Public Library and are held via Zoom online. They are free and open to the public, advance registration is required, and for questions, email jhlady@ocln.org or call Jean Hlady at (617) 898-4964. We hope to see you for a fun virtual library event soon.

SUBSCRIPTION FORM

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Social

Social Security Matters Ask Rusty: Should I Wait Until Age 70 To Claim?

By RUSSELL GLOOR
AMAC Certified Social Security Advisor
Association Of Mature American Citizens

Dear Rusty: I have read your answers to the commonly asked question of "When should I claim social security benefits." You always say one should wait as long as possible (up to age 70) to get the maximum monthly benefit. But I have not seen you address the matter of all the money you could have collected if you start drawing sooner and how many years it will take, if you wait, to recoup all that money.

I am now 64. I have always planned to wait until at least 66 and possibly to 70 to start collecting. I have no health issues and expect to live well into my 90s. When I tell people this, they question why I am leaving so much money on the table by waiting. At age 66 I'd get \$1,671 per month and, at 70, \$2,161. Between those two ages I could collect \$73,524. It will take me many years to recoup all that money if I wait until 70 to begin, right? When I consider this, I question why I am waiting! Please help clear up my confusion and tell me whether I am doing the right thing by waiting to claim. **Signed: Confused Senior**

Dear Confused: You are correct that I always try to make people aware of their option to get a bigger Social Security benefit by waiting longer to claim. But I also always stress that the decision to do that should consider several things - most notably, current need for the money, health, and anticipated longevity. Said another way, delaying until age 70 doesn't make much sense if you won't live long enough to at least "break even." Nevertheless, your point is very well taken - not a lot is written about benefits not taken when you wait until a later age to claim. I actually have written about that before, but I'm happy to evaluate your specific personal situation.

Using the numbers you provided, if you were to claim your \$1,671 benefit starting at your full retirement age (FRA) you would collect \$73,524 over the 44-month period to age 70, when you could get the \$2,161 benefit. So how long would it take to break even if you wait until age 70 to claim? Well, the difference between your age 70 benefit and your FRA benefit is \$490. So, if you wait and get the higher benefit at age 70, it will take you about 12.5 years to recover that \$73,524 (\$73,524 divided by \$490 = 150 months = 12.5 years). So, here's where longevity comes in. According to Social Security, average longevity for a man your age today is about 84, so if you meet or exceed average longevity, you'll collect more in cumulative lifetime benefits by waiting until age 70 to claim. And you'll be getting that higher monthly benefit amount throughout your later years, a good way to offset inflation. Indeed, that higher benefit lasts for the rest of your life, and it also means a larger survivor benefit for your wife if you predecease her. As your widow, your wife will get 100% of the amount you are receiving when you pass, if she has reached her full retirement age and if her widow's benefit is more than her own. And 100% of your age 70 benefit is quite a bit more than 100% of your earlier benefits.

I hope this helps clarify your confusion about whether to claim now, or at your FRA, or to wait even longer to age 70. Here is a link to an article I previously published on this topic: www.socialsecurityreport.org/ask-rusty-doing-a-breakeven-analysis/. But from what you've shared with me, I don't see anything wrong with your plan to continue waiting until at least your FRA - and possibly until age 70 - to claim, especially since you expect to live well into your 90s.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

South Shore YMCA Day Of Service Honors Dr. Martin Luther King, Jr.

The South Shore YMCA partnered with NeighborWorks on Jan. 18 for a service project as part of the national 2021 MLK Day of Service.

To honor the legacy of Dr. Martin Luther King, Jr., South Shore Y staff members joined the staff at NeighborWorks, a nonprofit developer of affordable homes for families, veterans, people with disabilities, and formerly homeless individuals and families, for a day of service. The teams packaged and delivered essential items of daily living, such as personal hygiene items, toiletries, toilet paper, coats, hats, scarves, gloves, games and puzzles, to residents of over 160 housing units in Quincy.

For years, the South Shore Y has been proud to partner with NeighborWorks, serving local residents through our mobile food pantry and beyond. NeighborWorks gives neighbors in need a chance to get back on their feet, to transition from homelessness to permanent housing, and work with advocates to find employment and a path towards a brighter future.

"Today on MLK Day we really appreciate the value of the service that the South Shore YMCA is providing for us," said Donna Ackerman, Quincy Site director for NeighborWorks Housing Solutions. "Due to the pandemic, there are so many other needs that our tenants have, and addressing things like winter coats, and toiletries and toilet paper and backpacks and toys for children really make a difference in the lives of our tenants."

Thanks to the generosity of its donors, the South Shore YMCA was able to donate these essential items and volunteer their time to help out these neighbors.

"We at the South Shore YMCA are proud to partner and serve with NeighborWorks on Martin Luther King Day to help these residents in local housing," said Patrick Murphy, senior executive director for the South Shore YMCA Quincy branch. "As an organization, we are truly focused on serving our community every day, but especially today, and we know that the impact will stretch much further than just one day."

Monica Gentile On Dean's List

Monica S. Gentile of Quincy has been named to the Dean's List for the fall semester at Bristol Community College in Fall River.



SOUTH SHORE YMCA staff volunteers on MLK Day of Service 2021



SOUTH SHORE YMCA team up on MLK Day of Service to provide coats, toiletries, games and other items for NeighborWorks housing tenants.

"NeighborWorks has been founded on the beauty and great work of partnerships," added Ackerman. "The Y was very helpful at Christmastime with toys for our tenants. Also, before the pandemic, we were the grateful recipients of the Y's mobile pantry. So, the Y has really made a difference in many of our tenants' lives, and we hope to grow the partnership after the pandemic as we look forward to long-term partnership."

Donations to the South Shore YMCA helps provide food, supplies, services and clothing needed to help families and individuals in our community throughout the year. Since volunteers cannot join together to celebrate Dr. King in person this year due to COVID-19, the Y continues to keep his dream alive by helping fellow neighbors in need every day. As Dr. King once said,



"Everybody can be great ... You only need a heart full because anybody can serve. of grace. A soul generated You don't have to have a by love." college degree to serve...

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180 Students On South-West Middle School Honor Roll

One hundred eighty students are listed on the first term honor roll at South-West Middle School.

HIGH HONORS

Grade 8: Sarah A. Buck-Cucinatta, Edward Chen, Aidan D. Cronin, Gabriel Lucas Da Costa Rego, Rachel L. Da Silva, Dunal G. Delankage, Saniyah I. Houtman, Daniel P. Jones, Linda C. Lau, Eric Lin, Thy G. Luong, Fiona D. Ly.

Sabrina Matos Aboreira, Robert G. Mbrice, Olivia P. Moura, Angelina Nguyen, Chi Tin Nguyen, Nathan T. Nguyen, Shie Nguyen, Vanessa L. Nguyen, Vianna Truong, William R. Truong, James C. Walsh, Yongqi Wu.

Grade 7: Olivia M. Amaral, Mathew Arghand, Benjamin W. Aronoff, Adam C. Byrne, Aleeya R. Davis, Ava M. Devoy,

Giovanni C. Faulder, Ava D. Goyette, Kaisei O. Iwasaki, Riya Pankaj Koparkar, Alora M. Lenane, Michael W. Lomanno Jr.

Jason A. McGillycuddy, Cam'ron M. Merritt, Halyn H. Moraldo, Oluwanifise O. Omoloja, Hua Qian Pang, Priya S. Patel, Jayden I. Semedo Rosa, Sarah D. Suplee, Nilianny Tejeda, Diaz, Gabriela M. Triplett, Chizaram M. Ugah, Noa F.

Van Neen, Klevi Vojkollari, Jeffrey Went, Rachel Zhao.

Grade 6: Yara Al Daggistany, Maryam A. Alshawi, Shane F. Colleton, Jacob B. Kerfien-Paris, Ava V. Le, Ying Yin Li, Brandon C. Lo, Ziyuan Ma, Aleah D. McLaurin, Ralph Nguyen, Jayden M. Pina, Emma R. Sampson, Bryan V. Tran, Bex V. Turner, Kevin Wang, Brady K. Wong, Vincent Xu, Celia Zhang, Christopher J. Zhen, Hayden S. Zhong.

HONORS

Grade 8: Violet G. Ban, Paul A. Cole, Brandon Feng, Sumaya B. Finklea, Eduarda Helena Garcia Correa, Jordan T. Huynh, Ken Huynh, Malachi D. Johnson, William T. Kennedy, Ernest Lako.

Ramses I. Martinez, Jacob C. McElaney, Jeffrey C. Nguyen, Vanniah J. Preval, Justin K. Santos-Silva, Josue D. Silva, Debora Soares, Bassma S. Torky, Michael V. Varela, Kyle A. Weng, Kody Wong.

Grade 7: Mohammed J. Alawad, Zachary D. Aldoupolis, Jayden T. Barnard, Janellys V. Carrasquillo, Guadalupe J. Castro Pineda, Andy Chau, Beckett R. Collyer, Damian A. Cortes Pena, Shane D. Cronin, Jameson M. Crowley, Adasah K. Daphnis, Elizabeth N. Demaria, Jayla L. Depina, Sean M. Doan.

Jordy J. Fonseca Dos Santos Rocha, Ava M. Foster, Josephina E. France, Kayron Garcia Costa, John G. Gnakou, David D. Good, Isaiah T. Johnson, Jeremiah R. Jones, Kaylani L. Legal, Mingwei Li, Jayden Liu, Steven D. Ly.

Madyson O. Maloney, Megan K. McCarthy, Sean M. McGovern, Devin T. McPartlin, Michael C. Merrick, Randy M. Nunez, Billy J. Ortega Rae, Gulguzel H. Ozdemir, Raymond Phung, Dayvoungh N. Robinson, Adrian Rodriguez, Iyanna Y. Saget, Matheus H. Santos Nascimento Teles, Owen C. Short, Sophia S. Terranova,

Stephanie T. Tran.

Grade 6: Caleb J. Aja-von, Ameen H. Alkhalidi, Adylira I. Alves, Lucas Andrade Conde, Davi Cezar Marchesi Primo, Maddex H. Chan, Ryan J. Condon, Maddison G. Couchon, Karma J. Cruz, Maria Eduarda Da Silva, Salah El Deen Omar El Smaili.

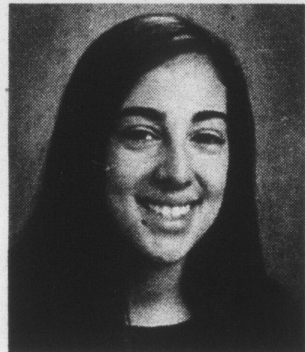
Kel'ell T. Gray, Namira M. Jara, Caden P. Jeffery, Ziad Jouy, Ming Yao Lao, Andrew R. Lee, Keyana L. Legal, Isabelle Leung, Yingyan Li, Cheyenne S. Libby, Zhongze Liu, London K. Monteiro, Nicholas S. Monteiro-Spagnolo, Elijah A. Montrond, Zaid M. Mousa, Ayodeji O. Ogunbameru, Ozbey Y. Ozdemir, Giovanni J. Pina Miranda, Xela Pires, Christina Qin Chen.

Trevor Russell, Jhazmin Megan C. Samson, John D. Siciliano, Elia Ailana Silva Alves, Arunoday Singh, Henrique M. Souza, John J. Tinney, Theodore C. Tobin, Aden Tran, James P. Uvanitte, Mark C. White, Taylor J. Woods, Will Zhu.

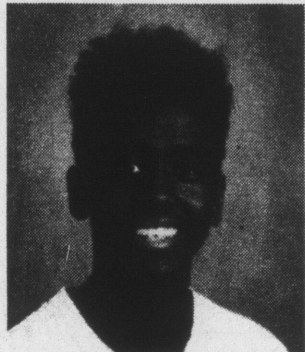
NQHS Announces Homecoming Queen, King And Court

North Quincy High School announces Victoria Talarico as Homecoming Queen and Subear Hussein as Homecoming King.

Congratulations are also in order for the King and Queen's court: Chloe Chin, Ciara O'Connor, Sierra Rodriguez, Jenny Yang, Tai Ong, Tyler Le, Richard Wu, and Kelvin Xu.



VICTORIA TALARICO



SUBEAR HUSSEIN

WHAT'S COOKING

with

Marie & Susie

By MARIE D'OLIMPIO and SUZIE FALCO



Jimmy's Veal Stew - Veal Spezzata

By MARIE

My son, Jim, shared today's recipe for veal stew. This delicious dish hits the spot on these cool days.

The flavor from using veal instead of beef is outstanding, and while cooking the aroma fills the house! Your family and friends are going to love this recipe!

Directions and Ingredients

1 pound of veal, cut in bite-sized pieces
1 cup of green beans
1/4 cup of tomato sauce
1 small onion, diced
2 garlic gloves, minced
1 stalk of celery, chopped
1 package of mushrooms, sliced

2 medium potatoes, washed, peeled and cut
3 tablespoons olive oil
1/4 cup white wine
Salt and pepper to taste
1 quart of chicken broth

In the hot oil, sauté the onion, garlic and then add the veal.

Cook until veal turns slightly brown.

Add the rest of the ingredients, wine, tomato sauce and chicken stock, and stir until well blended.

Cover and cook until vegetables are done.

We enjoy this dish with some crusty bread.

Paleo Banana Muffins

By SUZIE

Here is one of my recipes that I hope you will make over the winter when you want something sweet but healthy!

There is nothing like the smell of baked goods straight from the oven and banana bread is one of those recipes that is so easy and good for you. Regular banana bread/muffins calls for white flour and sugar. Both No No's for those of you who are health conscious. If you substitute one thing for another, you can eat muffins and breads and things more often and not just as a "treat."

This banana bread recipe is a Paleo friendly recipe. It calls for almond flour and coconut flour rather than wheat flour. That means it is GRAIN FREE as well. Very low carbohydrate, less inflammatory while higher in protein.

Almond and coconut flour contain protein and fiber as well as important nutrients like vitamin E and manganese, copper, magnesium, and iron (combined). Almond flour has more fat while coconut flour has a bit more carbohydrates. Both are two different flours, but can be used from baking

to binding meatballs and thickening sauces.

I use Honeyville brand Almond flour since it is fluffy and less oily. Coconut flours are all pretty much the same, just make sure you get finely ground.

PALEO BANANA MUFFINS

3 bananas (ripe)
3 large eggs
2 teaspoons vanilla
1 tablespoon raw honey or Maple Syrup
3 Tablespoons butter, ghee, or organic shortening
1 1/2 cups blanched almond flour
2 tablespoons coconut flour
1 teaspoon baking soda
1/4 teaspoon sea salt

Place bananas, eggs, vanilla, and honey or syrup in blender and mix well. (I find this so much easier than mashing it all) In a separate bowl now, put in flours, salt and soda. Combine the liquid into the bowl and mix until just combined. Don't over mix. Place liners in muffin tins and spoon batter into 12 tins. Bake until done at 350 for about 15-18 minutes. Do not over bake! Enjoy!

The COVID-19 pandemic has exacerbated the uncertainty and worry college students annually feel about focusing on the right career and finding their dream job. The job market for young people is down, many schools have switched to remote learning, and many school resources aren't available.

As a result, some students are concerned that their majors won't lead to a job in their field, and they're wondering whether they should change majors or their definition of a dream job. But on the bright side, a changing world gives college students the opportunity to fully explore exciting new options, their potential, and end up on a path better than they previously planned, says Vince Thompson, founder and CEO of the marketing agency MELT and author of *Building Brand You: How To Use Your College Experience To Find And Win Your First Job*.

"Sometimes the path we planned takes a turn, but rather than leading to a dead end, it opens a whole new world to us," Thompson says. "While this is a challenging time, it is also an exciting time if young people approach it the right way."

"The best opportunities can come out of times rife with great change, disruption, and uncertainty. Take the time to consider all options that interest you. With a will, there's always a way to get there."

Thompson offers college

students these steps to take when rethinking their dream job:

• Switch your major.

"Students who want to change their career path should look at the curriculum of those majors they have interest in and decide whether it has what they're looking for," Thompson says. "Meet with an academic advisor before making any changes, and if necessary, reach out to the financial aid office to see how a change in major could affect your aid."

• Launch a startup

while in college. A global crisis has made some college students and recent grads realize that perhaps the best path to job stability and career fulfillment is starting their own business. "Sometimes the best fit with your passion is starting your own business, even if it's on a shoestring and part-time," Thompson says. "You could take entrepreneurship classes to augment your business, gaining classroom education and making connections at the same time."

• Do your homework.

"It may be one of the toughest job markets in decades, but you can find opportunities faster than ever before because of the internet," Thompson says. "If you're thinking of changing career paths, Google everything you can on that career. Then go after it like someone has assigned you to write a thesis on this new career. And it's also a big help to look up people in that field on

LinkedIn."

• Stay motivated, show flexibility.

Your dream job might be out of reach right now, but Thompson says it's vital to shift from the disappointment and discouragement you feel to focus on the opportunities available for working — especially remote working. "Building a new narrative," Thompson says, "and producing a brand story about how you turned this time of great challenge into a great opportunity will speak volumes to future employers."

• Develop new skills.

"Developing a diverse skill set can expand your appeal to a larger number of employers," Thompson says. "Nowadays, you've got lots of opportunities to learn online at your own pace, either taking individual courses or enrolling in certificate programs for different trades."

"The most important thing to remember is that your career is your own," Thompson says. "It will be a big part of your life, and ideally, it will embody your passion, your best skills, and define your professional success. The path you take isn't as important as it is to keep moving down the road toward your preferred destination."

Vince Thompson, an award-winning brand builder and sports marketer, has worked on brand strategies for some of the most famous brands in the world, including The Coca-Cola Company and Aflac.

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Councillors Honor Health Commissioner Ruth Jones

Retires After Serving As Health Commissioner Since April 2019; Career As R.N. Spanned 40 Years

By SCOTT JACKSON

City councillors honored Ruth Jones, Quincy's recently retired health commissioner, for leading the city's response to the coronavirus pandemic.

Jones was appointed health commissioner in 2019 after 19 years as a nurse within the department and she retired from the position as of Jan. 15. Her career as a registered nurse, which lasted more than 40 years, began at the former Quincy City Hospital.

City councillors recognized Jones during their meeting on Jan. 19, proclaiming her one of the city's COVID-19 heroes for her work amid the pandemic.

Council President Nina Liang said the city was fortunate to have Jones overseeing the Health Department during the pandemic.

"We've been very lucky here in the city to have somebody like Ruth at the helm of this to really juggle so many different moving parts and so many different collaborations between non-profits, small businesses, residents, the state and federal government," Liang said.

"I think she has done it well considering that this is uncharted territory...I think she has done a tremendous job in leading the department - leading all of us as a city really."

Ward 3 Councillor Ian Cain said whoever follows Jones as health commissioner would have big shoes to fill.

"I've just been truly impressed with your professionalism and organization and just your ability to step up to really navigate this horrible thing we have all been going through. I really just appreciate your efforts, I appreciate you and your team's efforts and your great work you have done over the last year," Cain said.

"Just know you are going out on top because you have done such a phenomenal job, so whoever is coming in to fill those shoes is going to have a tough task ahead of them."

Councillor Noel DiBona said Jones was always quick to respond to calls and emails, including over weekends. He recalled reaching out to Jones on a Sunday afternoon soon after she became commissioner because residents had complained about rats.

"You were on it right away mitigating it. You had someone out the next morning. You had this couple feeling so supported - you were right on top of it," DiBona said. "You have done a fantastic job and I wish you the best."

Ward 2 Councillor Brad Croall noted Jones wrote a weekly column that appeared in *The Quincy Sun* and frequently appeared on QATV to provide residents information on various issues.

"You're an all-star, quite frankly," Croall said. "What always has amazed me... is how much you believe in team work. There is no doubt whatsoever that you

are a consummate professional."

Jones thanked the councillors for their recognition.

"It definitely has been an unprecedented year that really brought the significance of sound science and public health really to the forefront of everything," she said.

Jones then thanked a number of people for their assistance during the pandemic over the past 11 months.

"Obviously I didn't navigate through this pandemic alone," she said.

The people Jones thanked included the entire staff of the Quincy Health Department; Rita Bailey, the coordinator of health services for Quincy Public Schools and all the school nurses; other city department heads; Magnet Community Health Center; the city councillors; and residents, who Jones said did everything from volunteering their time to sending cards and letters of support to her staff.

"Those might have seemed like little things to them, but they were huge to my staff and myself and honestly they did not go unnoticed," Jones said.

Mayor Thomas Koch, in a statement, said Jones is one of the best examples of what it means to be a public servant.

"I cannot say enough about the Commissioner's work not just through the pandemic, but throughout her time as Commissioner," Koch said. "Her leadership, compassion, and tireless work ethic during the most



RUTH JONES retired Jan. 15 as Quincy's health commissioner. Her career as a registered nurse spanned over 40 years. She had served as the city's health commissioner since April, 2019. *Quincy Sun File Photo/Robert Bosworth*

serious public health challenge of our lifetimes is truly a shining example of the very best of what it means to be a public servant, and our community has been remarkably well-served by her and the entire staff of the Health Department.

"While I'm disappointed to lose her professionally, I'm incredibly happy for her personally as she moves on to a much-deserved retirement with her family."

Quincy Public Schools Supt. Kevin Mulvey recognized Jones during the Jan. 13 School Committee meet-

ing, crediting Jones for her role in re-opening schools amid the pandemic.

"Ruth Jones has been instrumental in our re-entry plans. She has been a key member of our re-entry team that began essentially planning for re-entry back in early August and has been an essential player throughout the whole process," Mulvey said.

"I just want to congratulate Ruth Jones and thank her for her service to the Quincy Public Schools."

Chris Walker, Koch's chief of staff, told coun-

cillors on Jan. 19 that the search for Jones' successor remained underway. The administration had found one candidate "that had begun with the transition with the city and ultimately did decide they did not want the position," Walker said.

The mayor is confident the staff at the Health Department will be able to get through the transition period as the search continues, Walker said.

"That staff is incredibly capable, and we don't expect to miss a beat," he said.

HarborOne Bank Announces \$100,000 In College Scholarships To High School Seniors

HarborOne Bank is requesting applications from outstanding student leaders from across the region seeking scholarships to help them afford college as part of the bank's annual ONECommunity College scholarships.

The ONECommunity Scholarship Program will award 20 college scholarships of \$5,000 each to high school seniors who embody a commitment to their community combined with academic excellence.

In 2016, HarborOne Bank pledged \$1 million over 10 years to provide college scholarships to selected high school students in an effort to ease the financial burden that holds back far too many promising students from a college education and the increased life opportunities it provides.

"Students that work hard, give back to the community and show clear promise to be a good citizen and leader

should not feel that college is out of reach," said Joseph Casey, president and COO of HarborOne Bank. "Our hope is that these scholarships help our region's most talented students get the education they've worked so hard for."

HarborOne Bank expanded its college scholarship program in 2016, raising its annual college scholar-

ship fund from \$10,000 per year to \$100,000 and its individual award from \$1,000 per student to \$5,000. Over the last decade, HarborOne has provided more than \$600,000 in college scholarships.

The online application process opened Jan. 15. Recipients will be chosen from a competitive pool of applicants by the Scholarship

Committee at HarborOne Bank. Committee members base their decisions on a number of factors, including students' academic transcript, personal essays and a level of participation in the community and school activities as well as awards and recognitions received. A letter of recommendation is strongly suggested.

The scholarships are

one-year awards to students attending an accredited two- or four-year college or university. Eligible candidates include high school seniors with a minimum GPA of 3.0 and whose immediate family has an active HarborOne deposit account, including checking, savings, CD, money market or IRA, opened by March 15, 2021. All applicants will be noti-

fied in May 2021.

High school students entering their freshman year of college in September 2021 will have until Monday, March 15 to apply for a scholarship.

The online application and other details are available at the HarborOne Bank website: <https://www.harborone.com/about-us/community/scholarship>.

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NEW QUINCY LOCATION! 1250 Hancock St. Quincy, MA 02169

On Monday, Jan. 18, officers were dispatched to a Quincy address on a report of a suicidal female. Upon arrival, Officer Le met with victim who was sitting on the backdoor steps while crying on the phone speaking with her brother.

Officer Lei asked the victim what had happened and she was unable to communicate with Officer Le because she was upset and crying hysterically. Although there was a language barrier, the victim continuously stated, "I am afraid of him!" The victim put her brother on speaker and he was able to tell Officer Le what had occurred. He stated the victim's boyfriend was inside the residence and the victim wanted to kill herself in order to protect her family from him.

According to the brother, the boyfriend has threatened to kill the victim and his family numerous times in the past. The brother also told Officer Le the victim has been threatened, and both physically and mentally abused by the boyfriend in the past and that the boyfriend. He also told Officer Le that the suspect attempted to shoot the victim with a firearm the night before and missed her.

As Officer Le spoke with the brother, he and his mother arrived on scene. The victim immediately approached her mother and started to become more emotional. The victim appeared to be afraid to speak. An ambulance was called to the scene and the victim was transported to the hospital for evaluation.

The brother stated that he was certain that the boyfriend was inside the home because his vehicle was parked outside the residence. He was adamant that the boyfriend was in possession of a firearm and warned officers to proceed with caution. Officer Leuchte, Officer Stanley, and Sgt. Flaherty went into the residence and found the boyfriend sleeping in a bedroom. He was woken up and asked what had happened. Officers instructed him to show his hands from underneath the blanket, but the boyfriend was uncooperative. He was placed into handcuffs for officer safety. Sgt. Flaherty asked him if he had a firearm in the house and he denied he had a weapon.

After a check of the immediate area around him, Officer Stanley found a .77 caliber pellet gun in the desk next to the bed. The gun looked like a large .38 caliber pistol with a revolving chamber that appeared to hold full size bullets. The gun was black metal with wooden grips. The barrel looked like it would fire bullets but upon closer inspection there was a secondary barrel inside for the pellets. The gas was fully charged in the gun, but it was unloaded. The basement was

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS

Public Information Officer

Quincy Police Department

also checked for weapons because the brother stated that the victim believed that is where the gun was kept. Upon inspection of the basement, no other weapons were found.

Due to the victim's emotional state, and the fact she had been transported to the hospital, officers were unable to advise her of the 209A process. However, they did explain the process of obtaining a restraining order to her mother and brother. They were going to encourage her to seek out a restraining order once she was medically cleared.

The 32-year-old boyfriend was then advised by Sgt. Flaherty that he was under arrest. He was transported to the Quincy Police Station where he was booked on the following charges: assault family/household member; threatening to commit crime; and assault by dangerous weapon.

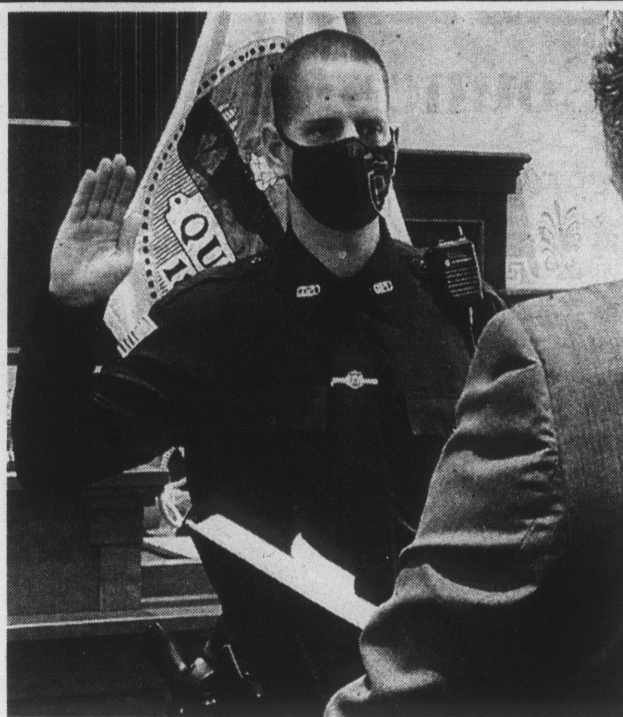
If you, or a loved one, are in an abusive relationship, there are resources to help. The Quincy Police Department has a domestic violence advocate that works directly with victims of domestic abuse. DOVE has a crisis hotline that is available 24/7. The staff offers a confidential, empathetic, nonjudgmental, supportive ear and a wealth of information on available resources. The telephone number is 617-471-1234. If you are in immediate danger, always call 9-1-1.

Please welcome three more of our newest officers: Officer Charles Waterman, Officer David Flynn, and Officer James Dalton.

While participating in the Protective Services Program at Quincy High School, Charles decided he wanted to become a police officer. He proudly served in the U.S. Army from 2016-2019 and currently holds a bachelor's degree in justice studies from Southern New Hampshire University.

Dave was born and raised in Quincy. Prior to joining the Quincy PD, he worked as a Corrections Officer at the Norfolk County Sheriff's Office for five years. He holds an associate's degree in criminal justice and is the first police officer in his family!

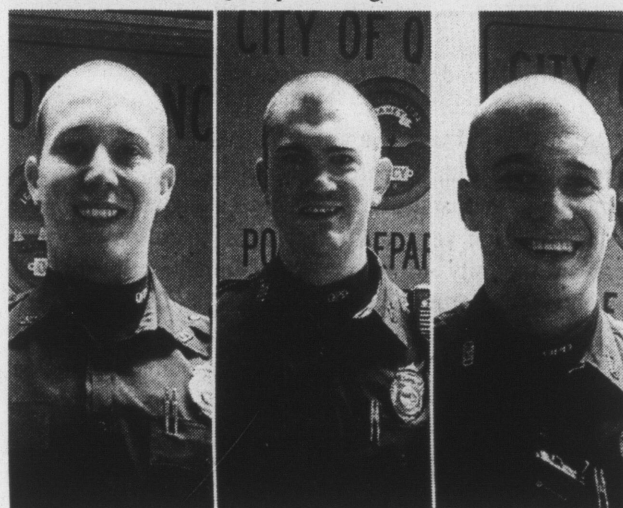
Jimmy also grew up in Quincy. He received a bachelor's degree in criminal justice from Salve Regina University



JAMES PARISI, a 15-year veteran of the Quincy Police Department, was promoted to sergeant Jan. 20th.

where he played soccer. He then went to work for the Transportation Security Administration (TSA) prior to joining the Quincy PD. He is hoping to one day become a member of our SWAT Team or Anti-Crime Unit.

Welcome to the Quincy Police gentlemen!



Officers Charles Waterman, David Flynn and James Dalton

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, JAN. 15

VANDALISM/PROPERTY (throwing rocks), 8:31 p.m., Mayflower Road. Approximately four youths in area just threw a rock at caller's house. Headed toward Pratt Road. Caller would like to speak to an officer.

SATURDAY, JAN. 16

ASSAULT AND BATTERY (past), 10:51 a.m., Sea-port Drive. Past assault between patients.

LARCENY (just occurred), 1:50 p.m., Walmart, 301 Falls Blvd. Reporting party is in front of Walmart main entrance. He drives for Boston Cab. Cab customer took his bag and then sprayed him with mace. Suspect is inside store now. Reporting party states he doesn't need medical attention. Peace restored. No larceny, party wrongly thought fare stole his bag. All advised and satisfied.

LARCENY/MOTOR VEHICLE, 2:48 p.m., School Street. Last seen on Jan. 9. Boston ran plate on Jan. 14 at 2:29 p.m. It was involved in a motor vehicle accident, 1377 Commonwealth Ave., Brighton. No driver on scene. Owner notified, Boston crash report attached to stolen form.

LARCENY, 8:18 p.m., BJ's, 200 Crown Colony Dr. Reporting party was at BJ's and left her purse and phone in the shopping cart. Reporting party didn't realize she had left it in cart until returning home in Weymouth. Reporting party is stating that her bag is pinging to somewhere on Falls Blvd. Reporting party was advised officer will call. Some items recovered; will call back when they have a complete list.

SUNDAY, JAN. 17

VANDALISM/PROPERTY (breaking glass), 5:58 a.m., French Street. White pick up truck, taking a right out of the complex and heading towards Billings Road. Caller states he heard someone "breaking glass" and then when he looked he saw a male enter a white truck and head off. Caller could not give a reg. or a description. Caller called back and said that the pick up truck came

back into the area and is now parked on the French Street side of the commons parking lot. Officers enroute updated. Broken window at 40 French St.

LARCENY (wallet/cellphone), 12:49 p.m., BJ's, 200 Crown Colony Dr. Serviced.

ASSAULT AND BATTERY (ABPO), 3:22 p.m., Quincy Police Department, 1 Sea St. Arrest made. Possession Class A and ABPO.

LARCENY (check), 3:31 p.m., Highland Avenue. Dropped check off in mailbox which was stolen and cashed.

MONDAY, JAN. 18

LARCENY (money), 12:23 p.m., Lube Lab Inc., 645 Washington St. White female wearing black sweatpants, black jacket took money from the register and fled heading to South Street. Suspected located money returned. Notice issued by owner in presence of Officers Minton and Rolfsen.

VANDALISM/PROPERTY (white Toyota Corolla), 1:53 p.m., Appleton Street. Car is dented by a paint ball shot, paint on car is pink. Was in the street last night Jan. 17. Reporting party is now home. No suspect info.

TUESDAY, JAN. 19

LARCENY (in lobby), 13:45 p.m., FedEx, 520 Commander Shea Blvd. In lobby. Xbox tracked to FedEx on Jan. 12. Civil matter, case number provided.

LARCENY (in lobby), 4:01 p.m., West Squantum Street. Reports someone stole a diamond ring from his home.

BREAKING AND ENTERING/PAST (dwelling), 4:53 p.m., LaFayette Street. Reporting party states an officer took a report this afternoon for a sp male that has been around house. Now she went down into her basement and window was broken and door was open.

WEDNESDAY, JAN. 20

VANDALISM/PROPERTY (broken window), 9:25 a.m., Common Street. Rock thrown through window, no suspect. Will call back for case number just wanted it journaled.

LARCENY (employee), 9:37 a.m., Home Depot, 465 Centre Street. Female employee admitted to have been stealing money from store (roughly \$2,000); is cooperative with loss prevention. Report to be filed, trespass issued.

LARCENY (medication), 10:34 a.m., Canton Road. Medication delivery was stolen.

LARCENY (male), 2:30 p.m., Robertson Street. In QPD lobby. Male moved into reporting party's address and is taking all his money.

LARCENY (checks), 3:12 p.m., Brook Street. See caller in police lobby.

BREAKING AND ENTERING/PAST (dwelling), 8:21 p.m., LaFayette Street. Ongoing issue. Party thinks that her stalker broke into the apartment and ransacked.

THURSDAY, JAN. 21

BREAKING AND ENTERING/PAST, 9:25 a.m., Wollaston MBTA Station/parking, 310 Newport Ave. Hispanic male, blue jacket, black backpack, suspect is near Wendy's. Incident closed.

LARCENY/MOTOR VEHICLE (just occurred), Dominos Pizza, 61 Hancock St. 10-15 minutes ago. 2007 Mazda 3, white, front hood is dented. Caller said he parked his car outside with the keys in it. Completed form submitted.

LARCENY (past), 4:14 p.m., Palmer Street. Caller states that her mother passed recently and her cousin stolen many items from the home.

VANDALISM/PROPERTY (female), 8:22 p.m., Hancock Street. Female resident is making a lot of noise, throwing garbage into the hallway, kicking the door, and throwing furniture inside of her apartment.

Calls For Service: 950

Larceny of a Motor Vehicle: Southern Artery Attempted Breaking and Entering of Motor Vehicle: Flynt Street

Breaking and Entering Progress: 500 block of Sea Street

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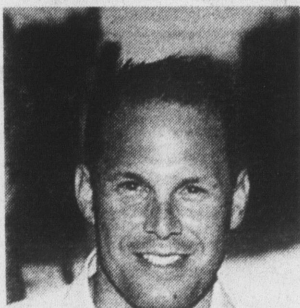
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Red, Black Ribbons Mark Loving Remembrance For Chris McCallum



FAMILY AND FRIENDS of Christopher McCallum placed red and black ribbons throughout Squantum on Saturday in memory of the 44-year-old former Squantum resident and 1992 graduate of North Quincy High School. Today - Thursday - marks the two-year anniversary of his death. The beloved husband, son and father of three died Jan. 28 after an altercation at the Nickerson American Legion Post in Squantum.

Photos Courtesy Jen Gates



CHRISTOPHER McCALLUM

Devoted family and friends of Christopher McCallum placed red and black ribbons throughout Squantum on Saturday in memory of the 44-year-old former Squantum resident whose life was tragically cut short.

Today - Thursday - marks the two-year anniversary of his death. The beloved husband, son and father of three died Jan. 28 after an altercation at the Nickerson American Legion Post in Squantum.

The McCallum family was truly touched by the ribbon memorial tribute and for all those who continue to hold Chris near and dear to their hearts.

"This is such an amazing tribute for Chris and we are beyond grateful," said Kathy McCallum, Chris's wife. "Two years ago can sometimes feel like two days to us so to see and feel this strong love and support means so much."

"I think these bows represent a lot about how Chris lived his life... it's a strong statement from our friends, family and the community that loved him dearly and are equally devastated over his loss. He was the kindest most caring, genuine person you'd ever meet. And it's been really hard to accept that he's gone."

Christopher McCallum, a 44-year-old father of three from Bridgewater, was rushed to Boston Medical Center around 1 a.m. on Jan. 27, 2019, after he was found bleeding and unconscious outside the Nickerson American Legion Post on Moon Island Road after police responded to a report of a large disorder.

McCallum died Jan. 28, 2019, after he was taken off life support. An autopsy de-



termined McCallum's death was a homicide caused by blunt force trauma.

McCallum grew up on Deerfield Street in Squantum and was a 1992 graduate of North Quincy High School. He was captain of the Red Raiders football and hockey teams his senior year and was inducted into the Quincy-North Quincy High Football Hall of Fame in 2016.

McCallum was survived by his wife Kathy and their sons Ryan, Michael and Christopher.

Two brothers have been indicted in connection with the fight outside the barroom, one of whom is accused of fatally striking McCallum.

Matthew Potter was indicted for manslaughter of McCallum, two counts of indecent assault and battery on a second person and simple assault of a third person.

The maximum sentence for a manslaughter conviction is 20 years in state prison.

Steven Potter was indicted on two counts of assault and one count of assault and battery causing serious

bodily injury. His charges are not related to McCallum's death, prosecutors said, but to two other victims from the same incident.

Matthew and Steven Potter both pleaded not guilty during their November 2019 arraignments in Norfolk Superior Court.

Later that same month, Norfolk District Attorney Michael Morrissey announced Daniel Bennett had been named the independent special assistant district attorney to oversee the case. In a statement, Morrissey said his office has no direct conflict of interest, but public confidence would be reinforced by the appointment of an independent prosecutor.

Bennett served as the secretary of the Executive Office of Public Safety and Security during Gov. Charlie Baker's first term in office. Before working under Baker, Bennett had been the first assistant district attorney in Worcester County and prior to that had been a prosecutor in Middlesex and Suffolk Counties.

As a prosecutor in Middlesex County, Bennett was on the trial team that won first degree murder convictions against Neil Entwistle, the British man who had been accused of killing his wife and daughter inside their home in Hopkinton. That case is one of several high profile homicides Bennett has prosecuted.



Three Quincy Students On Springfield Dean's List

Three students from Quincy have been named to the Dean's List for the fall semester at Springfield College.

They are:

Kelsie Dwyer, Marquicia Phillips-Gadson and Steven Cyfeku.

Dwyer has a primary major of health science.

Phillips-Gadson has a primary major of human services.

Cyfeku has a primary

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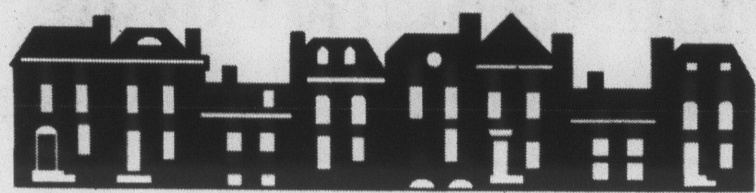
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Real Estate

Quincy Real Estate Transactions January 18 - January 22

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Falconi Realty Co LLC
Trung D. & Peggy Ngo
Susan Wong & Hai N. Nguyen
Hancock Quincy Center LLC
Henry L. Rittal & Ann M. Toscano
Dina C. Kyller
Philip J. Connolly
Christopher & Theressa Gorman
Cheryl A. Duyette Revocable Trust
Arthur S. & Francine A. Tobin
CJSM LLC
Thuy V. Pratte, Victoria Votran & Owen J. Pratte
Christine M. Brooks
Job Realty LLC
Regina Wong
Dennis A. Wong
Louise M. Reilly Revocable Trust
Catherine M. George
Thomas Keaney
Carolyn Rasky

BUYER

587 Bridge Street LLC
Wu L. Chan
Xueping Liang & Da C. Xu
Quincy Mutual Fire Insurance Company
Joseph O Durling II & Samantha M. Mangum
Alexa Rodriguez
Curie Chan
Maura Healy & Ryan Gorman
Karima A. Ricketts
Sean F. Tobin
Luna Real Estate LLC
Aixia Zheng & Jiayin Mei
Brian R. Bowe & Xuejing Chen
Joseph L. Recker & Krista Hoffmaster
Nicholas Cefalu
Eva Wong
Chad A. Elgeziry & Alice G. Cooper
Luu P. Ngo
Suela Caushi & Peter O'Donovan
Gary & Jennifer Hantsbarger

AMOUNT

\$6,900,000.00
\$313,000.00
\$345,000.00
\$250,000.00
\$399,000.00
\$758,000.00
\$309,900.00
\$600,000.00
\$628,000.00
\$638,000.00
\$630,000.00
\$320,000.00
\$685,000.00
\$605,000.00
\$218,000.00
\$405,000.00
\$342,500.00
\$346,000.00
\$540,000.00
\$1,305,000.00

ADDRESS

587 Bridge Street
230 Willard Street, Unit 603
10 Weston Avenue, Unit 315
32 Chestnut Street
89 Post Island Road
46 Curtis Avenue
14 President Lane, Unit 14
25 Bay Street
42-44 Whiton Avenue
32 Miles Drive
234 Copeland St., Unit 320, Bldg B
10 Weston Avenue, Unit 116
66 Curlew Road
33 Edison Street
100 West Squantum Street, Unit 211
46 Tinson Road, Unit 46-2-A
14 President Lane, Unit 14-13
77 Adams Street, Unit 1102
31 Milton Road
6 Preston Square, Unit 25

Norfolk County Registry Of Deeds Recognized By D'Angelo Sandwiches

The employees who work at the Norfolk County Registry of Deeds building were recently recognized as Every Day Heroes by D'Angelo Grilled

Sandwiches. This recognition program by D'Angelo Grilled Sandwiches honors groups of individuals who stand out in their community during the COVID-19

pandemic.

"One thing 2020 has taught us is that there are heroes in many forms across all of our New England communities and we want to do our part to celebrate the people in our towns who are making a difference," said Deena McKinley, CMO of Papa Gino's and D'Angelo Grilled Sandwiches. "We're very grateful for the opportunity to hear these stories and reward these amazing individuals with their favorite hometown food through the continuation of our cherished community donation programs."

The Registry of Deeds

employees have kept the Norfolk County Registry of Deeds open and operational every work day since Gov. Charles Baker declared a State of Emergency back on March 10, 2020. By remaining open for the recording of land documents while the COVID-19 pandemic has been ongoing the Norfolk County real estate economy and market was able to remain viable. The Registry employees recorded a total of 179,260 land documents during 2020 with the coronavirus pandemic raging which was a 19% increase compared to the previous

Cont'd On Page 20

Ask Barbara Graceffa:
'Secretary Of The Interior'

The Joy (Score) Of Remodeling

Each year the National Association of Realtors conducts a survey asking homeowners to quantify the joy score of a recent remodeling project. In other words, how happy they feel with the outcome.

Whether the reason for doing the project was improved aesthetics, adding personality, better functionality or energy efficiency, or just plain "time for a change," finished remodeling projects put a big fat smile on your face. Overall, the average joy score was 9.6 out of a perfect 10. Interestingly, the average professional renovation scored 9.6 while a do-it-yourself project came in higher at 9.9.

Inside the home, a complete kitchen renovation, done by a professional or the homeowner himself, achieved a joy score of 10 as did a DIY smaller kitchen upgrade. Closet renovations also tied for top score.

Interior paint jobs also topped survey results. A full interior paint job scored 9.8 while doing an individual room scored just a 10th of a point lower. It is long known in the industry that paint is one of the easiest and least expensive upgrades you can make to a home and, as the joy score reveals, a fresh coat of paint (and most likely a new color) obviously brings great satisfaction.

Also high on the list are basement conversions (9.7), bathroom renovations (9.6 for both professional and DIY projects), and hardwood floor refinishing (9.6). I was surprised that both new wood flooring and the addition of a new bathroom only came in at 9.2 while a new owner's suite ranked even less at 8.4.

The national survey sought joy scores on exterior projects as well. A new front door, vinyl windows, and roof scored at or above average, followed by a new fence, insulation, vinyl or cement siding, garage door, and doggie door all achieving greater than 9.0 survey results.

At times, I have clients who ask me if they're spending too much on remodeling given the home's current or post-reno value. If the concerns are not strictly budgetary, I urge them to think of the remodel not only as a monetary outlay in their home, but as a rewarding investment in the joy they will derive living there.

Do you have a decorating problem needing a professional solution? Send your questions to Secretary of the Interior at barbara@sec-interior.com.

Barbara Graceffa owns and operates Secretary of the Interior, an interior decorating company in Quincy, offering creative solutions at reasonable rates. For more information on her services, view her portfolio, and read testimonials about her work, visit www.sec-interior.com. Or you can reach her at 617-921-6033.

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Koch: No Decision Yet On Social Justice Dept.

Cont'd From Page 1

those minutes, along with the proposed ordinance itself, before reaching a decision.

"I certainly appreciate the input of the City Council and respect their views," Koch said. "I will take a hard look at it."

Amid the coronavirus pandemic, Koch said the city's financial outlook for the upcoming fiscal year, which begins July 1, remains uncertain. The mayor suggested he might have to put forward an austere budget if additional aid from the federal government is not forthcoming, which would make funding the new position difficult.

"I don't know if it would be the right time to create something new," he said.

Koch also suggested councillors' goals could be realized without adding the department.

"There may be a way to accomplish what they want to do without creating a new department," he said.

Councillors Nina Liang, Brian Palmucci and Noel DiBona first introduced an

ordinance creating the new department in November. Liang and Palmucci – along with Councillors Brad Croall and Anne Mahoney – had hosted a series of community meetings last summer to discuss inequality and injustice with residents, and the proposed department was partially inspired by those meetings.

During the Jan. 19 meeting, Palmucci said, "Quincy has always been and must always be a city with open arms and a loving heart," that has welcomed generations of immigrants from the around the world.

"This legislation does nothing more than codify that principle and put someone in charge of ensuring that we carry those ideals forward for the next 100 years," he said.

Palmucci said while Quincy isn't facing the problems some communities are facing, such as rampant police brutality, the proposed department "is about acknowledging we can do better." He pointed out that flyers supporting white supremacist propa-

ganda were recently left at some mailboxes in the city.

"We can create a department tasked with helping those harmed by such things, like the little girl who opens her mailbox to find that propaganda and wonders why someone hates her and brings that to her home," Palmucci said.

Liang, whose parents came to the United States from China, said various departments in the city are already taking steps to ensure equity and inclusion for all residents. She was concerned, however, that those efforts were secondary to other items the departments are tasked with overseeing.

"The creation of this department, I think, will help create a dedicated focus on this effort and will also serve ultimately as a bridge between every resident of this city and all of the work that the departments are doing and everything that is going on in city government right now," Liang said.

Ward 3 Councillor Ian Cain, the only Black person to serve on the council, said he supported the spirit of the

ordinance but questioned if it went far enough. The new department head, he noted, would be tasked with logging concerns raised by residents, but the ordinance doesn't explain what happens after such concerns are brought forward.

"What I'm hearing from the people who provided their experiences tonight, is they are looking for enforcement of some kind. I don't think that department is going to have this," Cain said. "Is this just a department that is going to be taking calls and reports and creating a list...what do you do with that?"

Cain asked Palmucci to withdraw his motion to approve the ordinance. Palmucci declined to do so but said he would be willing to work with Cain to address those concerns going forward.

In the end, councillors approved creating the new department in an 8-1 vote, with Ward 1 Councillor David McCarthy opposed.

"We all keep saying this is a step in the right direction – this is a leap into a

very vague ordinance," McCarthy said.

McCarthy also suggested the city's constituent services staff could be tasked with the duties that would be assigned to the new department.

"I always thought constituent services would get the phone calls with complaints about anything," he said. "Why wouldn't we build a position in that department, or try to with the administration, to get it off the ground?"

Palmucci said having a department dedicated to the issues of social justice and equity, even if that department consists of just one person, would help it work with various other city departments. Liang said having a dedicated department head would ensure whoever is appointed to the position has the appropriate education and experience.

The public hearing portion of the meeting lasted more than 90 minutes. Some 100 people logged into the hearing on Zoom with more than 30 speaking in support of the ordinance. Many of those who spoke during the public hearing shared their own experiences with racism in the city.

The Rev. Mat Thomas, pastor at the Bethel Church of the Nazarene, said Quincy would send a message to surrounding communities by establishing the proposed department.

"The time is now for Quincy to lead – for us, the City of Presidents, to demonstrate to the communities around us that we are opposed to racism, that we denounce white supremacy culture, that we are opposed to oppression and marginalization and that we cannot stand hate and injustice," Thomas said.

The Rev. Doug Gray, the pastor of the First Church of Squantum, said he and his family were excited to move to Quincy because of the city's diversity.

"We have indeed found that...but the darker side of diversity we have also found here, and that is real racism and prejudice," Gray said.

"The forces of racism are well entrenched in our police force and in our neighborhoods. Like many white people, I have a hard time seeing it sometimes be-

cause I don't face that kind of discrimination myself, but without a doubt that discrimination is there."

Resident Kate Campbell said her daughter recently visited a Walgreens in the city and left the store "hysterical because someone chose to call her some very unkind words."

"I think about this department so much because I had no one to call," Campbell said. "My daughter is 15 and this is probably the fourth or fifth merchant since she was 10 years old that she had to deal with...somebody who felt it would make them feel better to call her 'corona' or call her that lousy Chinese slur or to say, 'I'm sorry, we only accept money from our own kind.'"

Resident Feda Eid, whose parents came to Quincy from Lebanon, recalled being threatened after school one day because of her ethnicity and having racial slurs yelled at her on the street. Eid said her husband, who is Vietnamese American and grew up in Quincy, avoids certain parts of the city because he has had racial slurs yelled at him.

"These experiences are very hard for me to share, honestly, and I really hope that all the councillors are really listening to these experiences and understanding this is an individual, between people, problem, but it is also deeply rooted in generations and it is also deeply rooted in institutions," Eid said.

"There needs to be a place...where people can share their experiences but also have accountability be there, because healing cannot happen unless we also address the problem."

Others who spoke during the meeting suggested the city's workforce, in particular the school system and police department, should better reflect the diversity of the city.

In addition to those who spoke in favor of the new department during the public hearing, Councillor Anne Mahoney said 22 residents wrote letters in support as well.

One resident, John Rodophele, spoke against creating the department. He said he would favor hiring more people to work in constituent services.



EXTERIOR (above) and interior (below) photos of the city's new Disaster Response/Mobile Command Center vehicle.
Photos Courtesy Lisa Aimola/City of Quincy

City Receives Disaster Response Mobile Command Vehicle

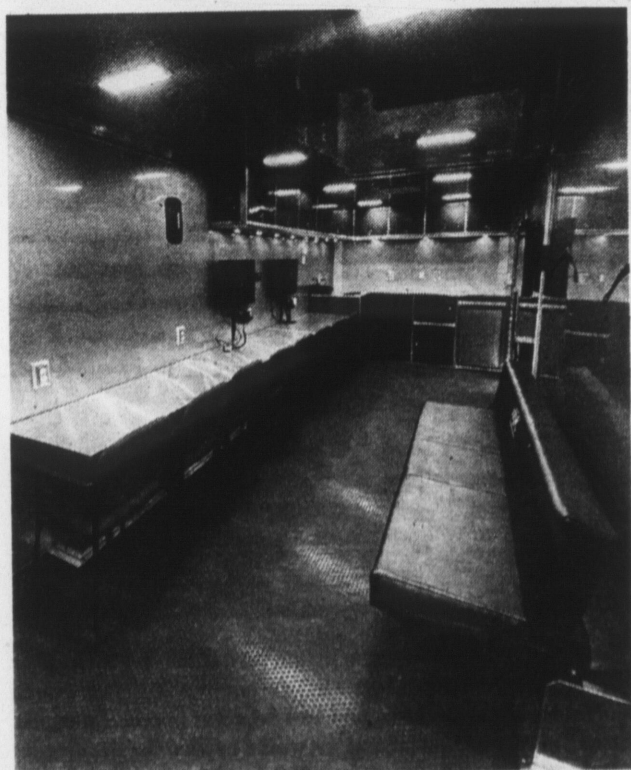
The City of Quincy Office of Emergency Management recently received a new Disaster Response/Mobile Command Center vehicle. The vehicle fea-

tures state of the art communications and information sharing systems, and is designed to support emergency response, continuity, and crisis management activities. The vehicle will be available to both the Quincy Police and Fire Departments in support of contingency operations.

Funding for the vehicle was made possible due to grants awarded to the city through the U.S. Depart-

ment of Homeland Security, Urban Area Security Initiative (UASI), and the FEMA Emergency Management Performance Grant (EMPG) programs.

Emergency Management Director Ally Sleiman facilitated the procurement of the vehicle, and credited Lt. Robert Gillan and Officer Ken Wood of the Quincy Police Department for their assistance in acquiring and building the vehicle.



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Brighter Future Seen For Wollaston Center

Officials Unveil \$50.76 Million Plan To Redevelop 51 Acres

By SCOTT JACKSON

City officials recently unveiled a \$50.76 million plan to redevelop 51 acres of Wollaston Center — including stretches of Hancock Street, Newport Avenue and Beale Street — using a similar process that has unfolded in Quincy Center.

“Wollaston at this point I think needs a little bit more help from the city,” said Rob Stevens, the city’s deputy planning director. “Once we do that, I believe there will be a brighter future ahead.”

Stevens provided city councillors with an overview of the new urban development plan for Wollaston Center on Jan. 19, after Mayor Thomas Koch formally proposed it. A similar urban revitalization and development plan is already in place for Quincy Center and has been used to guide the development efforts that have taken place in the downtown district in recent years.

The new plan for Wollaston requires approval from the City Council and Planning Board and will also be vetted by the Massachusetts Department of Housing and Community Development before it could take effect. The city must also notify the Massachusetts Environmental Policy Act Office of its plans for the district.

The public will be able to comment on the plan during future public hearings and a citizens advisory committee will be established as part of the review process, Stevens said. He noted the city has hosted several community meetings in recent years to discuss the future of Wollaston Center and input from those meetings helped shape the proposed plan.

Stevens opened the presentation by showing two aerial images of the district, one recent and one from 1977, to highlight how little development has taken place in the area.

“A Dunkin’ Donuts was

developed in the last 40 years and then we had one multi-family building that was developed in the last 40 years,” Stevens said, also noting the Wollaston MBTA station has been renovated during that time.

Both aerial images also show a dark spot in part of what is now the CVS parking lot. Stevens said that dark spot is a puddle that is indicative of stormwater drainage issues that occur in Wollaston Center.

“Pursuing engineering solutions for the stormwater in Wollaston is the key public improvement we are stating in the plan at this time,” he said.

“Very similar to what we also saw when we started to look hard at Quincy Center and ultimately relocated the Town Brook, we need to solve as a city the stormwater infrastructure in Wollaston to unlock new development.”

Stevens said the plan for Wollaston Center would include an expedited permitting process, similar to the one in place for Quincy Center.

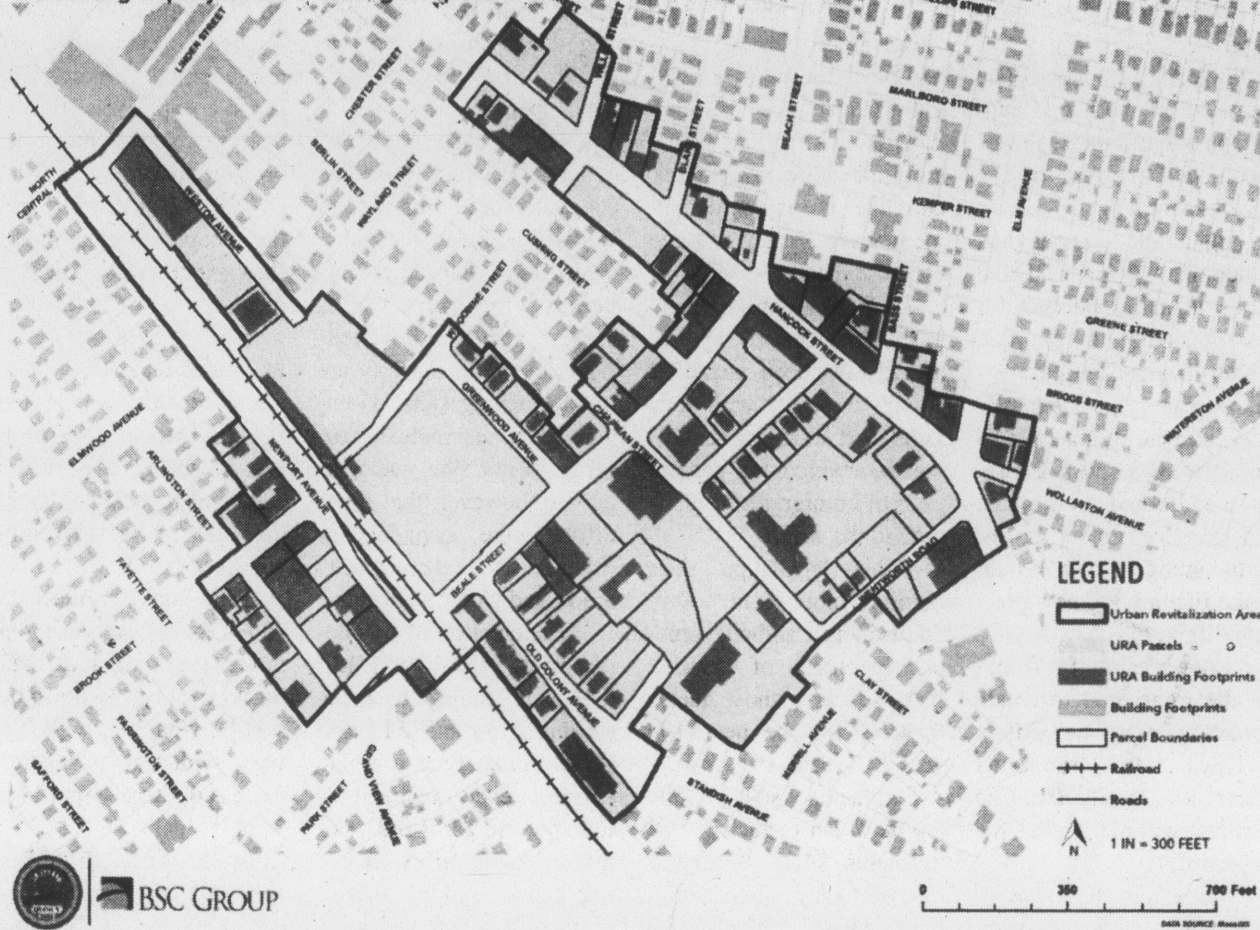
“[This] is proposing economic and community development strategies to stimulate growth. We have identified areas of redevelopment interests — those could be surface parking lots or empty sites where there is opportunity,” Stevens said.

“We also wanted to expand the land-use tools in the toolbox. That includes land acquisition, land disposition tools. It also includes, and we are proposing in this plan, expedited permitting. We will do that through what we referred to as the certificate of consistency review process — it’s a process that was developed in Quincy Center.”

Unlike Quincy Center — where the city owned the Hancock and Ross parking

WOLLASTON URBAN REVITALIZATION DISTRICT PLAN

B-1: Existing Property Lines and Building Footprints



City of Quincy - Wollaston Urban Revitalization District # 10

WOLLASTON DISTRICT: This map shows the extent of the proposed Wollaston urban revitalization district. The shaded parcels would all be included in the district, which encompasses more than 50 acres of land all together. The district includes portions of the Hancock Street, Beale Street and Newport Avenue corridors.

Images Courtesy City of Quincy

lots, both of which are in the process of being developed — Stevens noted there is not much city controlled land in Wollaston Center.

Jef Fasser of the BSC Group, the consultant that helped develop the urban development plan for Wollaston, described the area as “decadent,” meaning it qualifies for such a plan under the state’s regula-

tions. He said 75 percent of buildings in the area are 80 or more years old, and 85 percent of buildings are 50 or more years old.

“Old doesn’t mean bad, but old is a thing we look at it because if buildings are older and they haven’t been kept up to date, then they in many cases are not meeting current code, do not have current utilities and

other services that would be necessary for businesses to move into them...and therefore are either underutilized or vacant,” Fasser said.

He also noted several buildings have been demolished in recent years and not replaced, namely the Wollaston Theater on Beale Street and three buildings on Newport Avenue that were destroyed or badly damaged

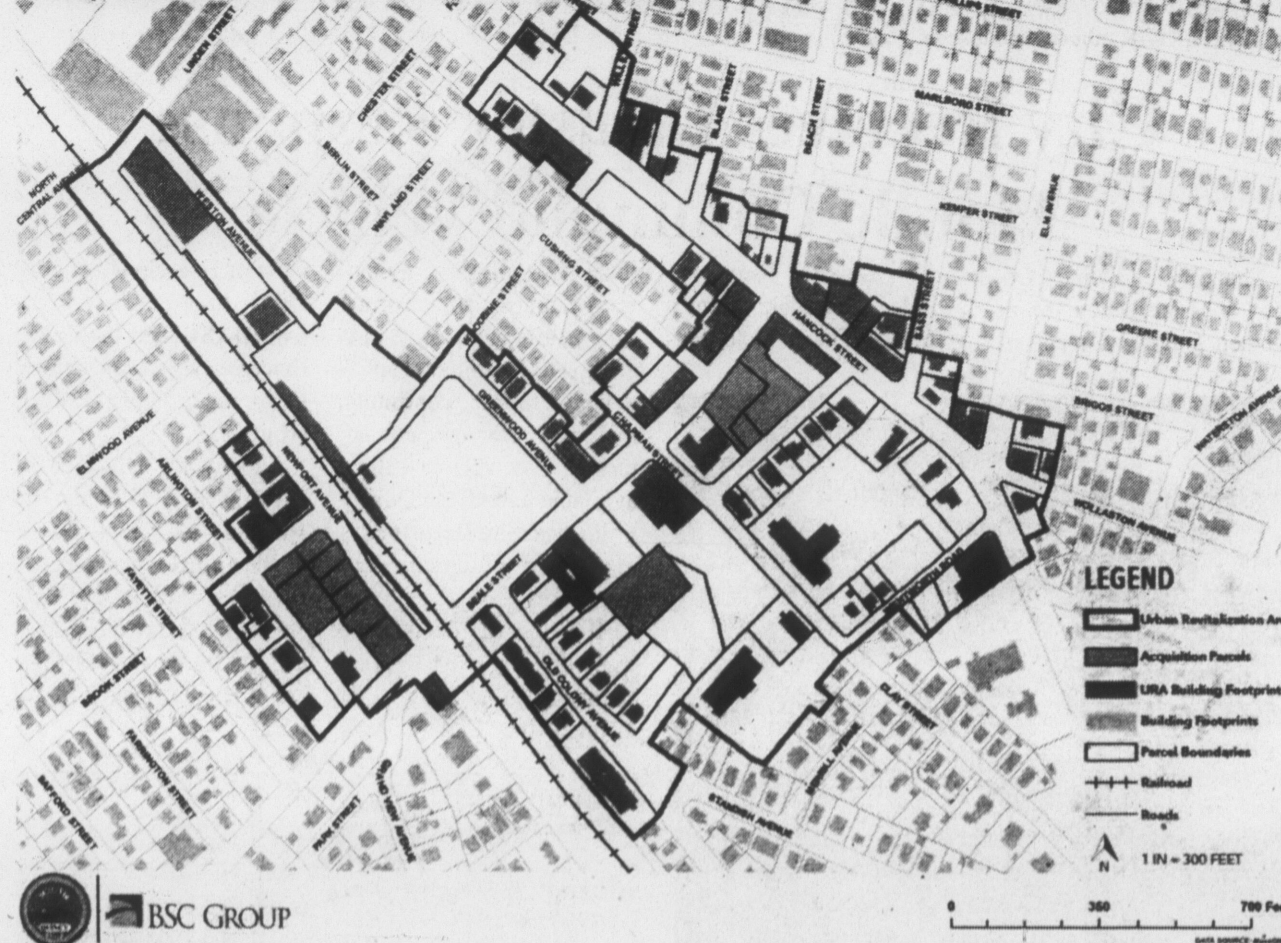
by a five-alarm fire in 2019.

The development plan calls for the city to purchase those parcels, along with several adjacent ones, which would then be flipped to a developer. Mixed-use buildings — featuring parking and commercial spaces on the lower levels and new residential units above — would be constructed in their place.

Cont’d On Page 15

WOLLASTON URBAN REVITALIZATION DISTRICT PLAN

F-1: Acquisition Parcels



City of Quincy - Wollaston Urban Revitalization District # 18

WOLLASTON ACQUISITIONS: This map shows the locations of the 12 parcels the Wollaston urban revitalization district plan targets for acquisition. Among those targeted for purchase are three parcels on Newport Avenue left vacant by a 2019 fire, as well as several adjoining parcels (at left) and the former Wollaston Theater site on Beale Street and two adjacent parcels (at right). They would be flipped to developers. The lone parcel in the center, home to Enterprise Rent-A-Car, would be used for stormwater management.

PUBLIC NOTICE

PUBLIC NOTICE
2021 - 006

Presently pending in the Ordinance and Downtown & Economic Development Committees of the Quincy City Council to be passed at a later date:

Council Order# 2021-006 - Order - Wollaston Center - Urban Redevelopment District Plan

In accordance with Chapter 43 Sec. 23 a copy of this ordinance is available in the City Clerk’s Office located at 1305 Hancock Street, Quincy, MA Monday through Friday during regular working hours 8:30 A.M. to 4:30 P.M.

A TRUE COPY
ATTEST: Nicole L. Crispo
Clerk of Council

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Brighter Future Seen For Wollaston Center

Cont'd From Page 14

A dozen total parcels are identified for acquisition.

In addition to the former Wollaston Theater site, located at 10 Beale St., the city would also acquire 20 Beale St., now home to a Santander Bank, and 21 Chapman St., a residential property.

The three parcels left vacant by the 2019 fire – 301, 307 and 317 Newport Ave. – would all be acquired as well. The city has also identified a mixed-use building at 323 Newport Ave. and commercial buildings at 299

Newport Ave., 97 Beale St., 10 Brook St. and 244 Arlington St. for acquisition.

The remaining parcel proposed for purchase is the Enterprise Rent-A-Car store within the CVS parking lot, located at 16 Old Colony Ave. The city would keep that parcel and use it for stormwater control.

Fasser suggested additional development could take place on surface parking lots in the area, including those used at the CVS, the Wollaston MBTA station, and Tobin Towers, where the Quincy Housing

Authority has expressed an interest in building new housing.

The urban redevelopment plan includes an estimated gross cost of \$50.76 million. More than half the budget, \$32.03 million, would be spent on public improvements, including roadways and other infrastructure, new green spaces and a stormwater control station.

The budget also anticipates the city would spend \$7 million to buy the dozen parcels identified for acquisition and estimates paying

\$1.5 million in relocation fees to the businesses and residents who currently call those properties home.

The city projects it will then flip those properties to a developer for a combined \$7.5 million, which would be deducted from the gross cost to give a net cost of \$43.26 million for the project of which the city has \$300,000 available.

Stevens said the city would look to use state and federal money to pay for remaining cost of the project. The administration could also propose creating a dis-

trict improvement financing district, also known as a DIF district, for Wollaston Center. The DIF program would allow the city to issue bonds that would be paid back using new tax revenue generated within Wollaston. The city is using a DIF program to fund public improvements in Quincy Center.

Ward 5 Councillor Charles Phelan Jr., who represents part of Wollaston Center, said he looked forward to the public process to review the new redevelopment plan. He said park-

ing regulations and height restrictions would be among the issues that would be addressed during that process.

"I think there is a going to be a lot of give and take," Phelan said.

Phelan also noted he owns a business, the Hamel-Lydon funeral chapel, within the proposed urban development district, and has asked City Solicitor Jim Timmins to determine what impact that would have on his ability to participate in the review process going forward.

Phase 2 Vaccinations Begin Next Week

By SCOTT JACKSON

Gov. Charlie Baker on Monday announced the second phase of the state's plan to distribute COVID-19 vaccines would commence Feb. 1, meaning all residents over the age of 75 will be eligible to get vaccinated.

The governor also announced that individuals over the age of 65 will have access to the vaccine earlier in phase two than initially expected, following guidance from the CDC. Individuals over the age of 65 will now be eligible to get their shots in the second step of phase two, along with individuals with two or more comorbidities.

Certain essential workers will be eligible to get the vaccine in the third step of phase two. Those include early education and K-12 teachers and staff, public works employees, public health workers and those in the food, agriculture and sanitation fields.

Individuals with one comorbidity will be eligible for vaccination in the final step of phase two.

Phase one of the state's plan began in December. All groups within phase one – health care workers including home health aides and workers doing non-COVID-19-facing care, long-term-care residents and employees, and residents and employees at congregate care settings – are currently eligible to get the vaccine.

The general public will have access to the vaccine in phase three, which is tentatively expected to commence in April.

Residents who wish to sign up for a vaccine, or who want to check which group they would be receiving the vaccine in, can do so online at mass.gov/covidvaccine.

The state will open seven mass vaccination sites in the coming weeks, Baker said Monday. Those include Gillette Stadium in Foxborough and Fenway Park in Boston, both of which were previously announced.

Three more sites were announced Monday: the Eastfield Mall in Springfield, which will open Friday; the Double Tree Hotel

in Danvers, which opens Feb. 3; and the Reggie Lewis Center in Boston, which will open sometime next week.

Baker said the remaining two mass vaccinations locations would be announced in the coming days.

Each mass vaccination site will have capacity to administer 500 doses of the COVID-19 vaccine each day at first and some of the sites will eventually have capacity to administer up to 5,000 doses daily. The seven sites will have a total maximum capacity of 76,000 doses a week by mid-February.

In addition, Baker said 44 public vaccination sites will open this week at pharmacies and retailers including CVS, Big Y, Hannaford, Price Chopper, Stop & Shop and Wegmans. Additional sites could be added in the coming weeks.

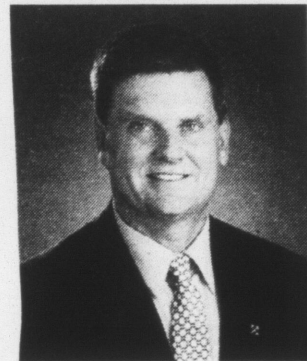
All told, state officials said there would be 165 publicly available vaccination sites online by mid-February – up from 103 online this week. Those sites would have capacity to ad-

minister up to 305,000 shots each week, but the governor said the number of shots actually administered would

depend on several factors, including how many doses the state receives from the federal government.

A complete list of vaccination sites can be found online at mass.gov/covid-vaccinemap.

South Shore Bank Accepting PPP Loan Applications



JAMES DUNPHY

South Shore Bank is accepting first and second draw loan applications for the second round of the Small Business Administration's (SBA) Paycheck Protection Program (PPP).

Thanks to advanced preparation and utilization of the StreetShares fintech solution, South Shore Bank was ready to immediately begin processing loan applications for small business owners still struggling during the COVID-19 pandemic.

South Shore Bank will be assisting small business owners every step of the way as they navigate both the first and second draw of PPP. During the first PPP round, South Shore Bank successfully helped more than 1,000 businesses save

more than 13,000 local jobs as the bank staff worked tirelessly to ensure its clients and communities secured essential PPP funding.

"South Shore Bank has a deep sense of commitment to our communities and that defines who we are as a bank," said South Shore Bank Chief Executive Officer and President James Dunphy. "During the first

PPP draw we helped save businesses and jobs and decided to give back \$500,000 of net proceeds to help clients struggling to make rent or mortgage payments. I am extremely proud of our dedicated staff because their work is having a profoundly positive impact on our communities during this most difficult time."

South Shore Bank gave back \$500,000 of PPP net proceeds to launch the South Shore Bank Community Fund. The Fund is administered by the Quincy Chamber of Commerce and is available to South Shore Bank clients.

Learn more about the South Shore Bank Community Fund by visiting SouthShoreBankCommunityFund.com.

First Baptist Church Of Wollaston

First Baptist Church of Wollaston, 81 Prospect Ave., Quincy has online remote worship service and is open for the congregation for limited seats only.

Pastor David Choi will preach his sermon: "Faithful Leaders II" (Timothy 1:18-19); reader is Steve Monstur.

Online dial-in/web meeting weekly schedule:

- Sunday, 10:30 a.m. Sunday Worship Service
- Wednesday, 6:30 p.m. Community Group Meeting – Gospel of John
- Thursday, 6:30 p.m. Bible Class – Epistle of Paul to Romans
- Friday, 11 a.m. Prayer

Group Meeting

The 147th Annual Meeting will be via teleconferencing this Sunday, Jan. 31 at noon.

For online Sunday worship service, go to the church website: www.firstbaptistchurchofwollaston.org/ for the conference call number.

Bethany Congregational Church

On Sunday, Jan. 31, Bethany Congregational Church will have a regular Sunday service at 9:30 a.m.

Rev. Patrick McCorkle will preach and music will be provided by Paul Frazer as soloist. There will be Church School for the children this Sunday.

For all events at Bethany Church, masks and social distancing are required.

There is no group hymn singing or coffee hour. Masks and sanitizer are available. Areas in use are cleaned after every service.

If you would prefer to stay at home, the on-line service is available. Check the church website for instructions on how to watch.

Bethany Congregational Church is located at

18 Spear St., Quincy. The church website is: bethany-congchurch.org. Telephone number is 617-479-7300.

Broad Horizons Preschool is open and accepting students both full and part-time. To inquire and/or fill out an application, go to the website at broadhorizonsbethany.com or call 617-471-0022.

Quincy Access Television
88 Washington Street
Quincy, MA 02169



www.qatv.org
617-376-1440
617-376-1441



Public Access Channel 8

Thursday, January 28
5:00pm: Bethany Congregational Church
7:00pm: On the Road with Jazzy Bill

Friday, January 29
11:30am: Currently in Quincy
8:00pm: Q vs. NQ Boys Hockey '15

Saturday, January 30
12:00pm: AM Quincy: Share The Project
1:00pm: The Call

Sunday, January 31
10:00am: Bethany Congregational Church
11:30am: Good News

Monday, February 1
11:30am: Currently in Quincy
8:00pm: Q vs. NQ Girls Basketball '99

Tuesday, February 2
7:00pm: AM Quincy: Mayor Thomas Koch
7:30pm: Quincy in Focus

Wednesday, February 3
5:00pm: Good News
7:00pm: The Call

Government Access Channel 9

Thursday, January 28
12:30pm: At the Kennedy Center: Eldys' Yoga II
7:00pm: Books We Loved 2020
8:00pm: Special meeting of the City Council 1/25

Friday, January 29
9:00am: Tai Chi with Vince Journales
1:30pm: Healthy Cooking
6:00pm: Update DPW: Winter Season
7:00pm: TCPL Presents: The Legacies of 1620
8:30pm: Zoning Board of Appeals 1/26

Saturday/Sunday, January 30/31
12:00pm: Special meeting of the City Council 1/25
4:00pm: Board of License Commissioners 1/26
7:00pm: Special meeting of the City Council 1/25

Monday, February 1
1:00pm: Sizzling Hot Jazz Series: Bo Winiker
6:30pm: LIVE: City Council

Tuesday, February 2
10:00am: At the Kennedy Center: Exercise w/Karen
1:30pm: Cooking As Selfcare

Wednesday, February 3
1:00pm: Zumba Gold II w/Mary Ellen Reardon

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org



NORTH QUINCY'S Fallon Hobin goes up for two as Quincy defenders Mary Saccoach, left, and Delia Nichol, center, move in. The Raiders defeated the Presidents 66-31 Jan. 19. Hobin had 10 steals and 7 assists in the win.

Quincy Sun photos/Tom Gorman



QUINCY'S MARY SACCOACH drives down court as she is pursued by North Quincy's Kiera Sleiman.

Freshman Phenom Leads Raiders Past Presidents

Orlagh Gormley Scores 31 In NQ's 66-31 Win

By TOM JOYCE

The North Quincy High girls' basketball team had no issue shooting their way

to a victory over their in-city rival Jan. 19th.

Thanks to a dominant second half performance

and a 31 point performance from freshman guard Orlagh Gormley, the Red Raiders were able to come out on

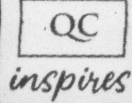
top with a 66-31 win over the Quincy Presidents at Quincy High School. With the win, the Red Raiders im-

proved to 2-2 on the season. With the loss, the Presidents fell to 1-5.

"She's the best freshman

I've seen come out of Quincy, ever. Ever," Red Raiders head coach Paul Bregoli said

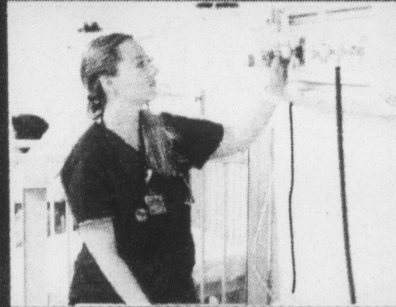
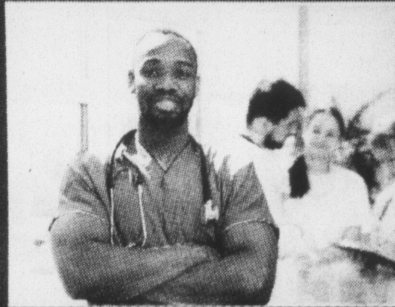
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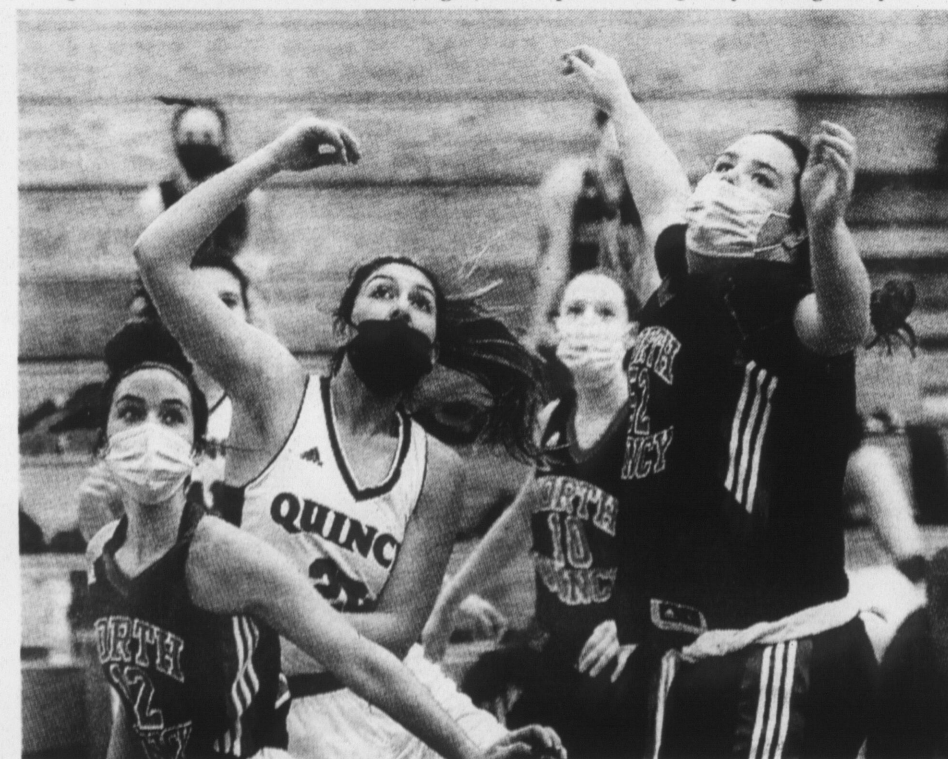
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QUINCY'S CAROLINE TRACEY, right, drives past North Quincy's Bridget Capone.



QUINCY'S ANTENELLA IBRAHIM, center, watches her shot drop in as North Quincy defenders, Fallon Hobin, left, and Caroline O'Donnell, right, move in.

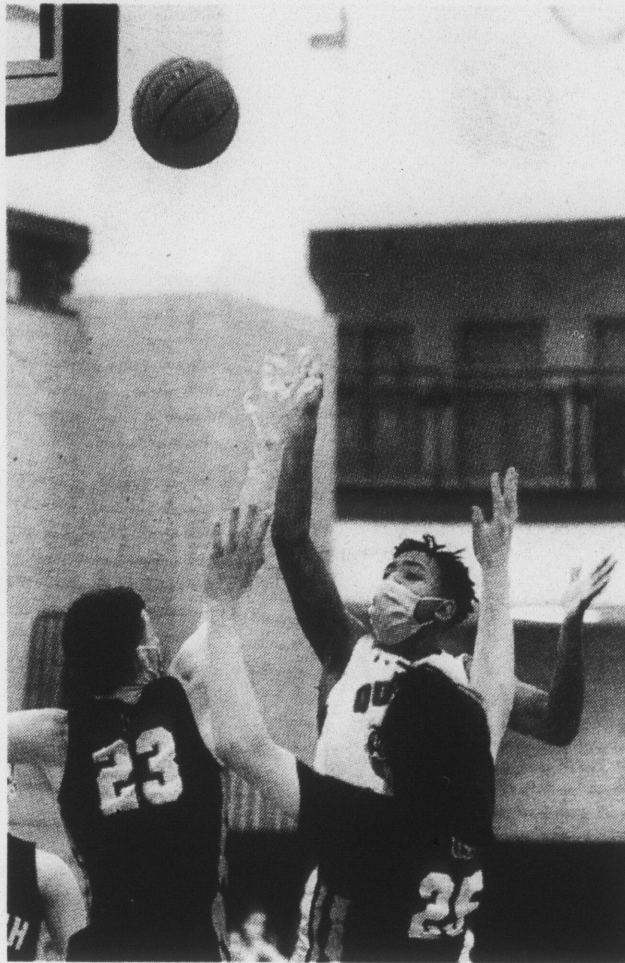
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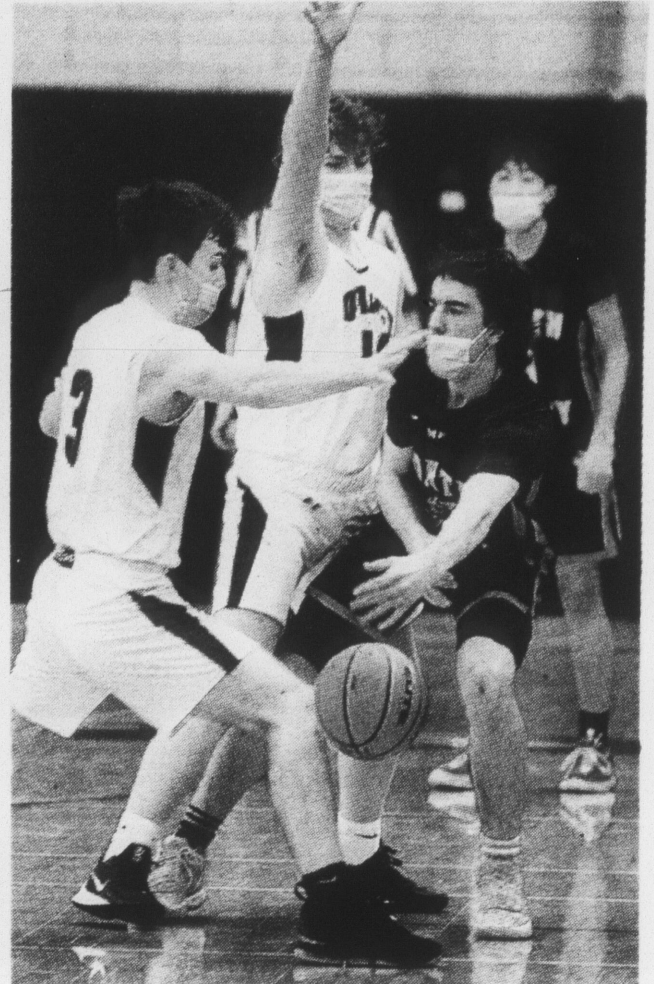
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North Quincy's Ethan Gao, right, prepares to shoot as Quincy's Will Cook defends. The Raiders defeated the Presidents 51-39 Jan. 19.



QUINCY'S DYLLAN LOPES shoots for two over North Quincy defenders Colm Geary, left, and Daithi Quinn.
Quincy Sun Photos/Tom Gorman



North Quincy's Daithi Quinn, right, passes the ball by Quincy's Kaan Yavuz, left, and Joseph Manton, center.

NQ Boys' Basketball Tops Quincy, 51-39

By TOM JOYCE

The North Quincy High boys' basketball team played tough defense, got a strong offensive performance from a freshman, and picked up yet another win.

The Red Raiders faced off against the Quincy Presidents on the road Jan. 19. As freshman forward Daithi

Quinn netted a team-high 14 points, the Red Raiders defeated their in-city rival 51-39. With the win, the Red Raiders improved to 3-2 on the season. With the loss, the Presidents fell to 1-5.

"Tonight's game had a different feel to it, no doubt, without the usual crowd," Red Raiders' head coach

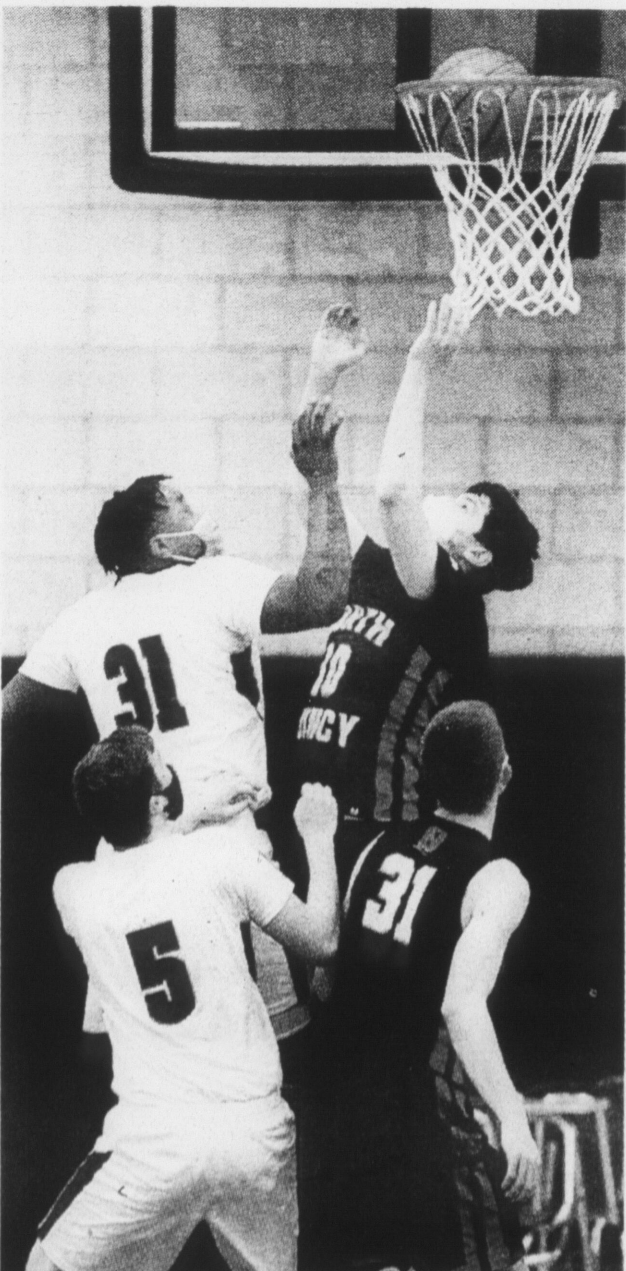
Kevin Barrett said. "But I think we still had some early jitters. Once we were able to knock down a couple of those three-pointers, it opened up everything else, particularly on the inside. We were able to start getting some very good looks. Our senior captain Tyler Le really stepped up tonight, hitting two or three baskets at critical times, and that enabled us to open it up in the paint."

"We wanted to stop a

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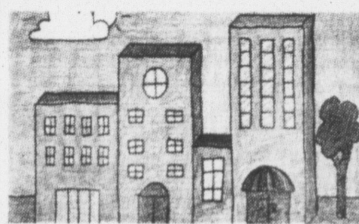
QUINCY'S JOSEPH MANTON keeps the ball away from North Quincy's Dylan Clifford.



QUINCY'S JORDAN EDGE, left, shoots for two as North Quincy's Steve Dalla tries to block.

The Quincy Art Association is pleased to announce their Winter Classes for 2021!

Classes beginning January 26th, so please register online at www.quincyartma.org today!



Children's Art Creations



Children's Creating with Clay



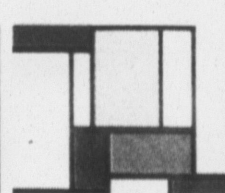
Children's Art in the Morning



Painting with Pastels



Basic Watercolor Techniques



Lecture Series:

Art Materials; Introduction to Art; Practicing Seeing; Figurative to Abstraction; Symbolism and Concepts in Arts



NORTH QUINCY'S Kiera Sleiman, left, keeps the ball away from Quincy's Mary Saccoach.

Freshman Phenom Leads Raiders Past Presidents

Cont'd From Page 16

of Gormley following her high scoring performance. "She's going to be a Division 1 player, I think. Everyone knows about Orlagh Gormley. All the coaches in the league know about her already. She's special.

"What amazes me is her explosiveness to the basket, and now she's developed a shot so people can't sag on her," he added. "If they take the dribble drive away, she can stick it from outside. She had two threes tonight. That's big for her," Bregoli added.

After the teams traded a few possessions, freshman Paige Mann got the Presidents on the board with a layup in traffic with 6:20 remaining in the first quarter. With 5:28 left in the first, the Red Raiders responded. Freshman guard Orlagh Gormley countered with a layup in traffic of her own, tying the game at two apiece.

The Presidents missed the shot on their next possession, and Gormley hit a basket in the paint. However, with 3:59 left, sophomore guard Caroline Tracey put the Presidents up 5-4 on a three-pointer. Gormley put up another bucket in response. Then Tracey scored again followed by a Gormley layup.

Gormley, who scored a game-high 31 points for the Red Raiders in the win, gave the team a 14-9 edge with a deep two-pointer with about 14 seconds left in the first quarter, but the Presidents cut their deficit to three points with a shot from Tracey as time expired.

The Red Raiders were the first to score to start off the second quarter; Fallon Hobin made a free throw with 7:21 remaining to put her team up 15-11. Hobin then scored on a fast break following a Red Raiders steal about 30 seconds later,

extending their lead to six points. She did the same on the team's next possession, netting six of the eight points on the team's 8-0 run that put them up 21-11. Mann snapped the scoring drought for the Presidents with 4:43 left in the quarter, hitting a free throw.

The Presidents would go into halftime trailing by eight points, 27-19, after freshman forward Autumn O'Campos sank a pair of free throws with 2.1 seconds remaining in the first half.

The Presidents started the third quarter off with a bucket from senior captain and guard Priscilla Bonica underneath the rim, but that's as close as they would come in the second half. Gormley sank a three-pointer with 6:30 left in the quarter to give the Red Raiders a 30-21 lead. She also put the team up by double digits once again with 2:14 left in the third 39-28 on a wide open three-pointer as her team continued to play tight defense. A turnover followed by a three-pointer from Hobin then gave them a 14-point edge, and a layup from freshman guard Mollan Toland put them up by 16 points with about 1:20 left in the quarter. Toland also gave the team a 20-point lead on this 12-0 run to finish out the third quarter as she stole the ball and made a fast break layup to put the Red Raiders up 48-28 with four seconds left in the quarter.

"That was the game right there," Presidents head coach Sarah Conlon said of the run by the Red Raiders. "Closing out quarters has been an issue. We're pretty young. We have six seniors, but we have a lot of people that are getting their first varsity minutes. It doesn't surprise me. I'm not thrilled by it, but it doesn't surprise me. We just have to learn from it, bounce back and get

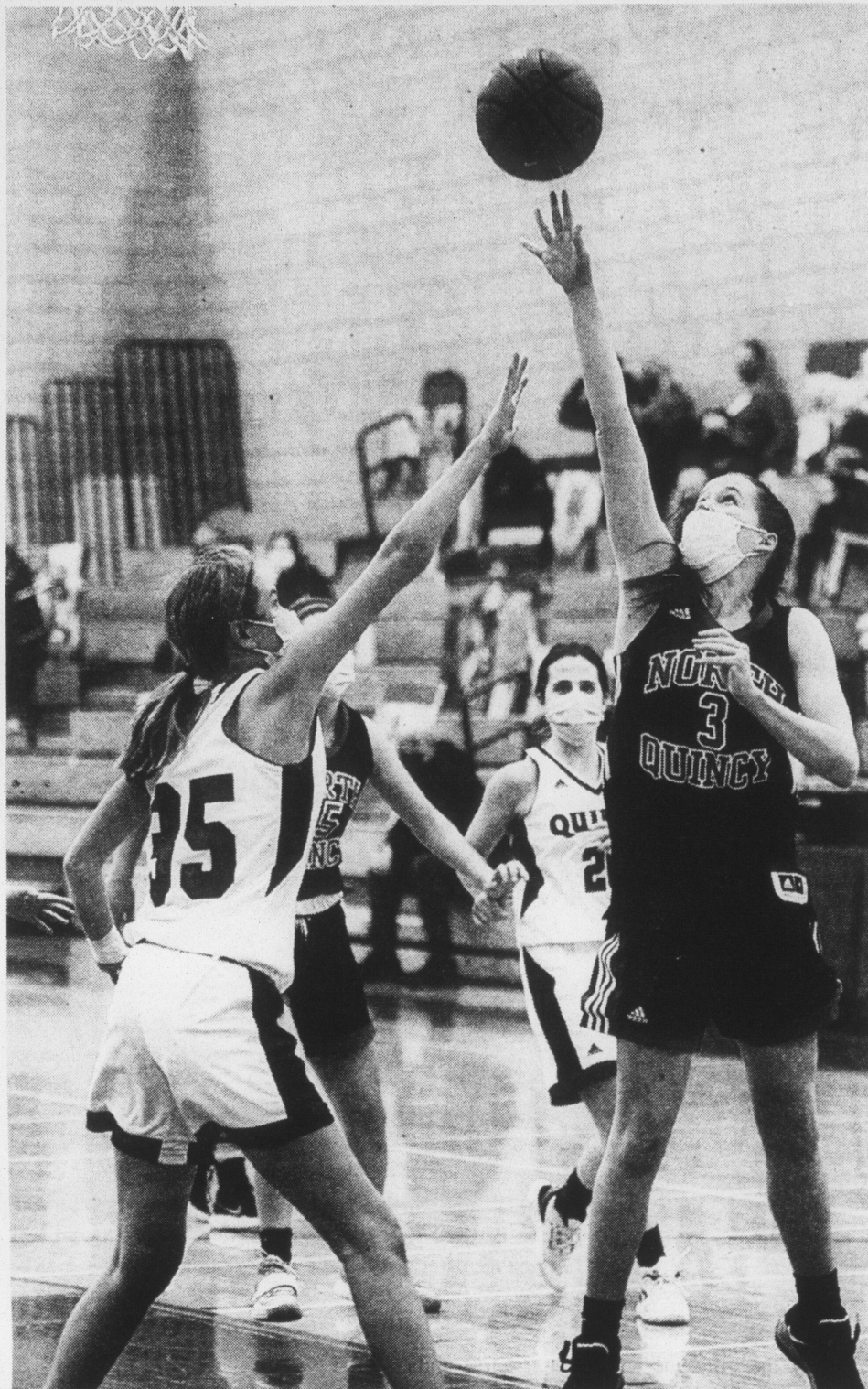
better at it, become a little tougher each time that it happens."

The Red Raiders then pulled away even further in the fourth quarter, limiting their opponent to just three points as they put up 18 of their own.

Hobin struck first for the Red Raiders to start the fourth quarter with a quick steal deep in Presidents territory and then a layup with 6:23 left in the game, putting her team up by 22 points. This caused the Presidents to call a timeout.

Following that score, the Presidents didn't have enough time to make a comeback in the game. For the Presidents, Caroline Tracey dropped a team-high nine points in the bout while junior forward Antenella Ibrahim finished second with eight points.

The roster for the Presidents this year includes: senior guard Victoria Carv-



NORTH QUINCY'S Orlagh Gormley goes up for two as Quincy's Caroline Tracey defends. The freshman guard scored a game-high 31 points to power the Raiders past the Presidents, 66-31 Jan. 19. Gormley's 14 field goals also tied the all-time NQ girls' basketball record for field goals in a game with 14 shared with Sara Stanton.

alho, freshman guard Mary Saccoach, senior forward Samantha Coletti, junior forward Antella Ibrahim, senior forward Darby Boudreau, senior guard Priscilla Bonica, sophomore guard Alexandria Kane, senior guard Sara Hamdi, freshman guard Paige Mann, senior guard Bridget Gar-

diner, sophomore forward Delia Nichol, sophomore guard Caroline Tracey, and freshman forward Autumn O'Campos.

The roster for the Red Raiders this season includes: freshman guard Orlagh Gormley, junior guard Kiera Sleiman, junior guard Alex Abrahamovich, sophomore

forward Bridget Capone, senior guard Fallon Hobin, sophomore guard Mary Beth Smith, freshman guard Ava Bryan, freshman guard Mollan Toland, freshman guard Ava McGrath, junior center Bryanna White, and freshman guard Caroline O'Donnell.



NORTH QUINCY'S Ava Bryan, right, passes to teammate Kiera Sleiman, left, as Quincy's Priscilla Bonica, center, moves in. Quincy will visit North Quincy on Friday, Feb. 5 at 5 p.m.

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NQ Tops Quincy

Cont'd From Page 17

couple of their kids, coming in here tonight," Presidents' head coach Dave Parry added, "Nate Caldwell and Colm Geary, and so we keyed on them, and we held them down pretty well. But Tyler Le had a really nice game for them, and that Daithi Quinn kid was very good, but our troubles began with our shooting. We can defend very well, but if you don't put the ball in the basket, you're in trouble. You need more than 40 points to win a high school basketball game."

The first quarter of the contest was a tight basketball game, although the Red Raiders led 10-7 after it was complete.

Senior guard Kaan Yavuz pulled the Presidents within a point 8-7 with 42 seconds left in the first quarter on a free throw, but a basket from senior guard Tyler Le for the Red Raiders with about 18 seconds left in the first made it a three-point game. The Presidents couldn't score before the first quarter ended.

Then in the second quarter the Red Raiders pulled away, out-scoring their opponent 19-8 to go into halftime with a 29-15 lead. That said, the second quarter was likely the difference-maker in the game because the Presidents outscored them in the second half.

The two teams started off the second quarter by each scoring a basket, but Quinn made a free throw with 6:53 left in the quarter to give his team a 13-9 lead. Senior forward Jorden Edge then cut the Presidents' deficit to just two points by hitting a pair of free throws less than 30 seconds later, but junior guard Ethan Gao hit a three on the next possession for the Red Raiders. Quincy then missed their shot when they got the ball back, the Red Raiders got the rebound, and junior center Colm Geary made a basket underneath the rim with 5:34 left. After a couple of missed shots and a turnover by the Presidents, the Red Raiders extended their lead

to 20-11 on an inside shot from Quinn, forcing a Presidents' timeout.

A couple of minutes later, Le helped the Red Raiders pull away with back-to-back three-pointers. One came with 2:30 remaining and the other with 1:58 left in the first half, putting his team up 26-11, capping off the team's 13-0 run.

"I think the kids really appreciate the opportunity to play," Barrett said. "We've seen several teams in our league have to go out of action for a couple weeks to quarantine, so we know it could get taken away from us at any time."

"I think knowing that has given our kids a sense of urgency about this season," he added. "We have been lucky enough to have an uninterrupted season so far, but they're focusing on each game and trying to get the most out of the experience."

From there, the game was relatively even. The Presidents outscored the Red Raiders 20-14 in the third quarter, reducing their deficit to eight points headed into the fourth, but the Red Raiders held their foe to just four points in the final quarter, preventing them from making a comeback.

The Presidents got the first five points of the third quarter, including a three-pointer by senior guard Dyllan Lopes with 6:57 left to make it a single-digit game again.

Senior guard Will Cook also cut the lead further to seven points, 31-24, on a layup, forcing a Red Raiders timeout with 5:18 left in the quarter. After the Red Raiders timeout, the team regrouped and stopped some of their opponent's forward progress. Cook hit a layup on a fast break with 1:11 remaining in the third, making it an eight point game once again 41-33, but a turnover on their next possession prevented them from cutting deeper into the deficit.

Once the fourth quarter rolled around, however, the Red Raiders were quick to quell their opponent's chances of a comeback.



QUINCY'S CALEB PARSONS-GOMES goes up for two over North Quincy defenders. Quincy Sun photos/Tom Gorman

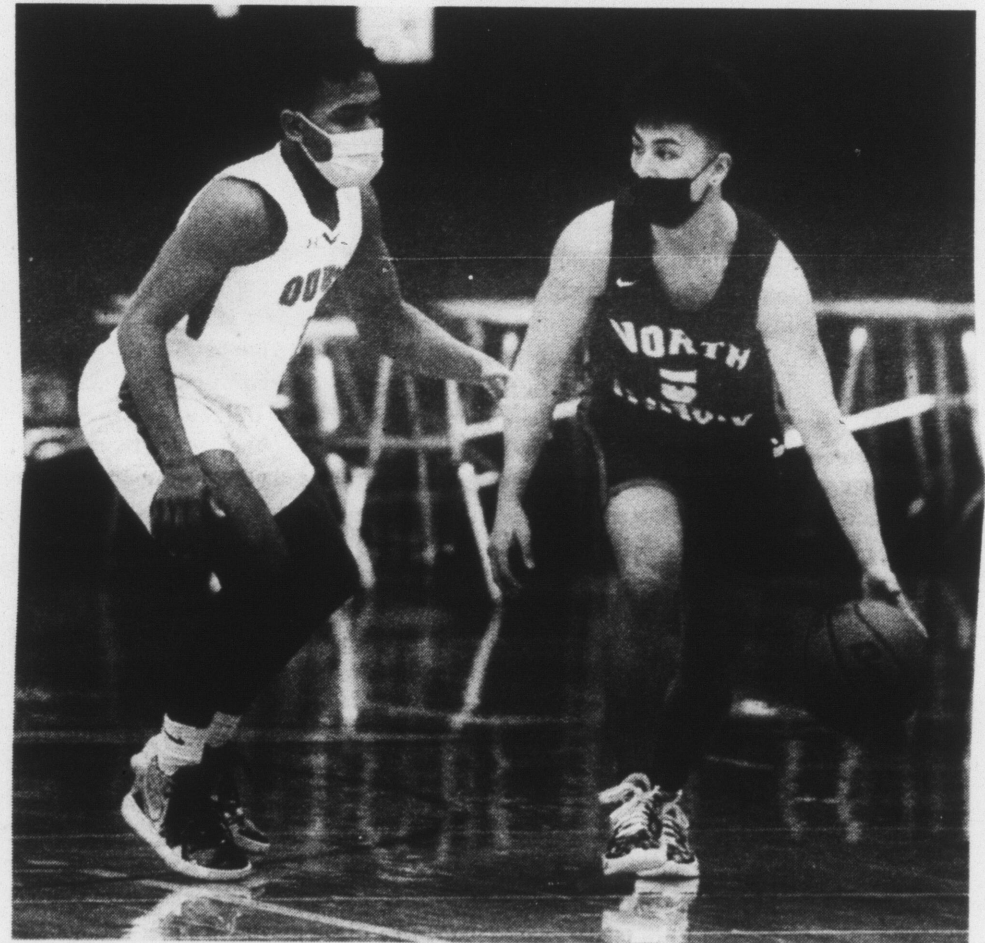
Quinn made a shot underneath the basket, extending his team's lead to 10 points. Gao then sank a three-pointer with 5:37 remaining to put the team up 48-35. With 5:05 left, Quinn hit another shot under the basket, putting the Red Raiders up by 15 points. Quincy had not scored yet in the quarter, and called a timeout.

The first score of the quarter for the Presidents came with 3:44 left in the game as Lopes tipped in a second chance scoring opportunity underneath the basket.

After that, however, the Presidents only scored one more time, so they were unable to make a comeback.

The roster for the Presidents this season includes: senior guard Kaan Yanuz, junior forward Coleman Ross, junior guard James Phipps, senior guard Dyllan Lopes, senior guard Will Cook, senior forward Thuan Nguyen, senior forward Joseph Healy, junior guard Jordan Davis, freshman guard Caleb Parsons-Gomes, junior forward Tony Le, senior forward Jorden Edge, and junior forward Joseph Manton.

The roster for the Red Raiders this season in-

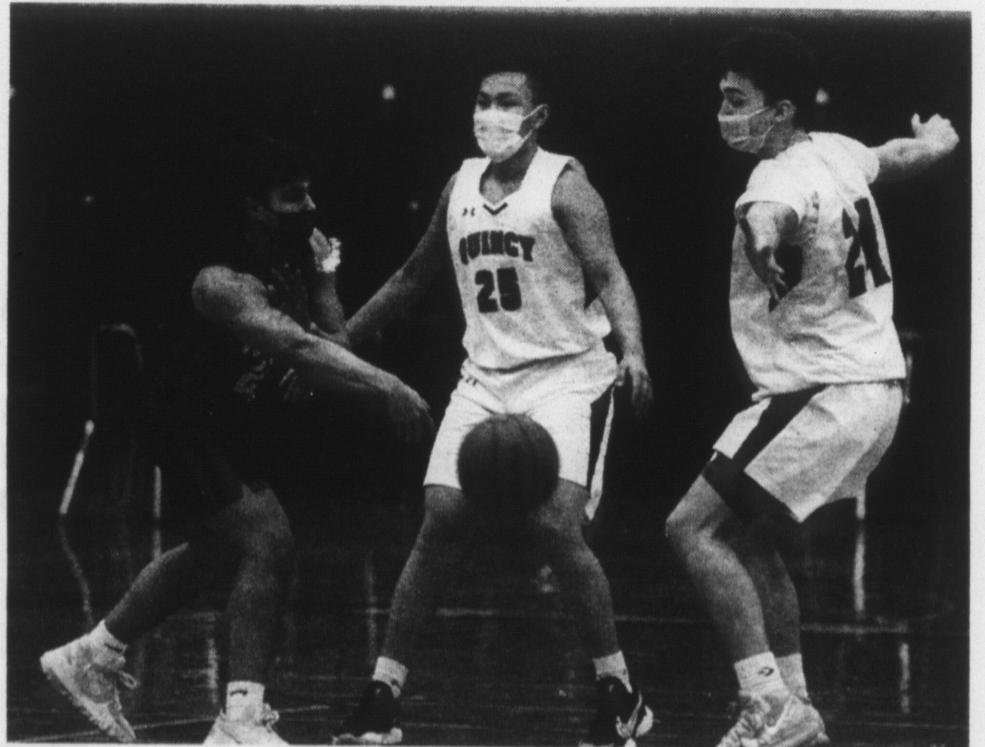


NORTH QUINCY'S Tyler Le dives past Quincy's Dyllan Lopes.

cludes: junior guard Ethan Gao, junior guard Nikko Mortel, sophomore guard Alex Pham, senior guard Tyler Le, senior guard Steve Dalla, senior guard Chuchua

Zhang, junior forward/guard Luke Pierron, sophomore guard Nate Caldwell, junior center Colm Geary, senior forward Agu Agwu, freshman guard/forward Daithi

Quinn, sophomore center Marcus Moore, sophomore guard Zach Taylor, sophomore center/forward Dylan Clifford, and junior guard Quonuw Scott.



NORTH QUINCY'S Nate Caldwell, left, passes past Quincy defenders Tony Le, center, and Caleb Parsons-Gomes, right. The Presidents will visit the Red Raiders Friday, Feb. 5 at 7 p.m.

Community Servings Names Arelis Sosa HR Director

Community Servings, a nonprofit provider of medically tailored meals and nutrition services to individuals and families living with critical and chronic illnesses, announces Arelis Sosa of Quincy has been hired as director of Human Resources.

As Community Servings' first full-time HR director, Sosa will oversee talent recruitment, employee engagement programs, training and development, and compliance with employment regulations and best

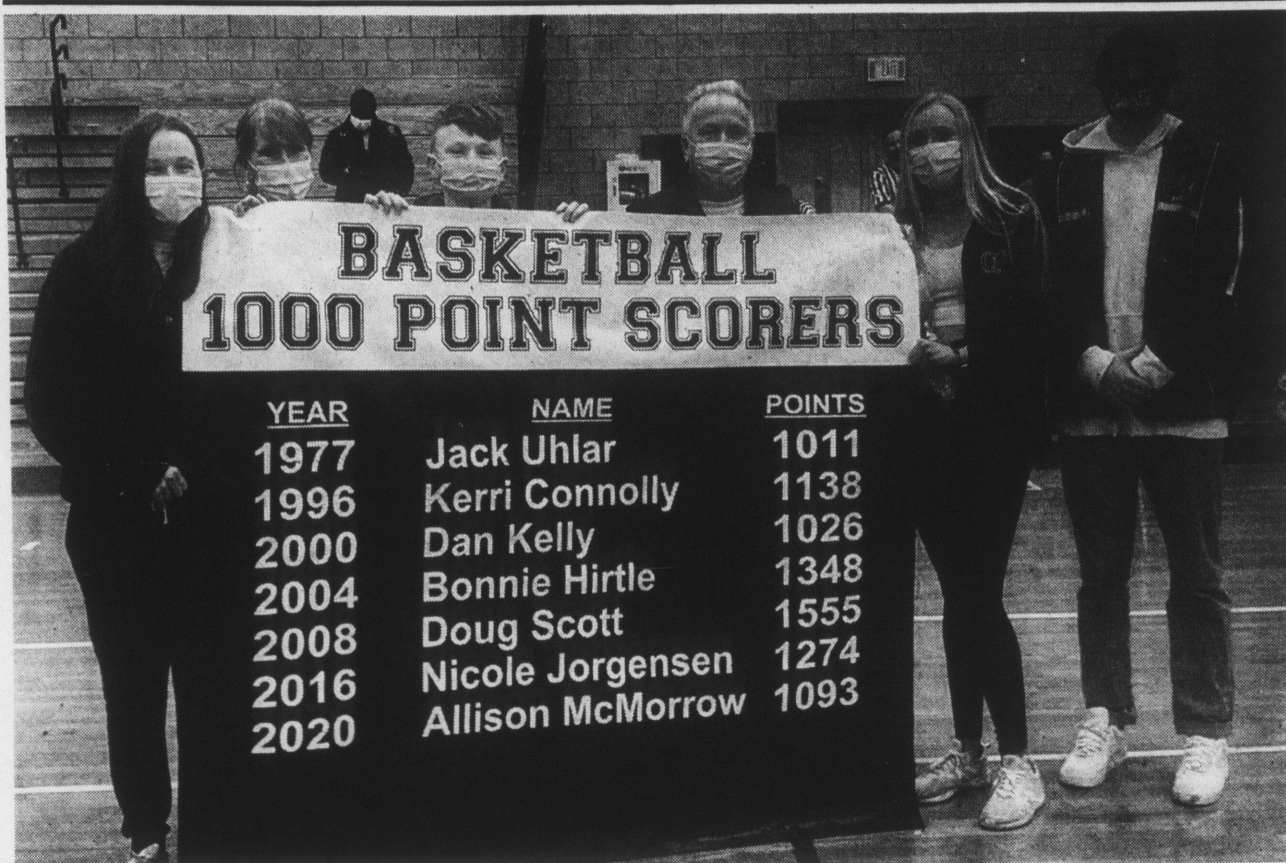
practices. Among other responsibilities, she will co-lead Community Servings' Safety and Diversity, Equity and Inclusion teams.

"Arelis is a caring and passionate professional who brings tremendous human resources skills and years of experience to our organization," said David B. Waters, CEO of Community Servings. "As our first full-time HR director, she will be a tremendous asset as our workforce expands and our

mission broadens."

Sosa, who holds a bachelor's degree from Southern New Hampshire University, has over a decade of human resources and workforce development experience. Prior to joining Community Servings, she served as director of vocational services at the nonprofit human services agency TILL, Inc.

A first generation Dominican-American from Lawrence, she currently lives in Quincy.



PRIOR TO THE Jan. 19th girls' basketball game between Quincy and North Quincy, Quincy High School Class of 2020 graduate Allison McMorrow (second from right) unveiled the updated 1,000 point banner with her personal accomplishment. She was joined by her family and longtime Quincy High Girls Basketball Head Coach Jeff Bretsch. Last year, Allison became just the seventh player (fourth female) in school history to reach the 1,000 point milestone. Allison now attends Worcester Polytechnic Institute and plays basketball. Photo Courtesy Kevin Mahoney/Quincy High School

YEAR	NAME	POINTS
1977	Jack Uhlar	1011
1996	Kerri Connolly	1138
2000	Dan Kelly	1026
2004	Bonnie Hirtle	1348
2008	Doug Scott	1555
2016	Nicole Jorgensen	1274
2020	Allison McMorrow	1093

NQ Boys' Hockey Bows To Scituate

By TOM JOYCE

The North Quincy High boys' hockey team faced off against a tough Scituate opponent last Saturday night, and wasn't able to come out on top in the contest.

The Red Raiders hosted the Scituate Sailors at the Quincy Youth Arena in a game that was two 22:30 minute halves. Scituate got more shot opportunities than the Red Raiders and won the game 3-1. With the loss, the Red Raiders fell to 2-3-0 on the season.

In the early going, Scituate had a scoring opportunity arise after the Red Raiders had a two-minute penalty for slashing with 14:09 remaining in the first half, but they weren't able to put it in the net. With 13:23 remaining, they had a shot go off the post and with 12:39 left, Red Raiders goaltender Asher Wines made a glove save following a Scituate shot near the blue line. During the power play, Wines faced immense pressure, but made four saves, including one on an attempted second chance scoring opportunity tap in.

Scituate had another shot go off the post a few minutes

later. This time, one of their forwards slapped a grounder toward the net, but it hit off the left side of the post.

With 5:39 remaining in the first half, the Red Raiders caught a break and had a chance of their own. A penalty against Scituate triggered a two-minute power play opportunity. However, about 27 seconds later, the Red Raiders had a penalty of their own, making it 4-on-4 hockey.

In the final minute of the first half, however, the Red Raiders had a pair of strong shots put on net.

The first one came from junior forward Martin O'Flaherty in traffic with 54 seconds remaining in the half. He put up a shot in traffic, but the Scituate goaltender managed to make the save. Then with 5.7 seconds remaining in the first half, junior forward John Lynch put a hard slap shot on net, but Scituate made the save again. At halftime, the game was tied 0-0.

It didn't take Scituate long into the second half to light up the lamp. Their first goal came 20 seconds into it. After winning the opening faceoff, they marched

down the ice and got heavy pressure out in front of the net. While their first shot was no good, they capitalized on a second chance scoring opportunity with a forward tapping the puck into the back of the net.

Shortly after that, they doubled their lead. With 19:18 left to play, Scituate capitalized on an odd man rush and put the puck in the net once again, taking a 2-0 lead.

As the period progressed, the Red Raiders found themselves with yet another strong scoring opportunity: a 5-on-3 opportunity. This came after junior defenseman Kevin Salmanowich put a shot on net on a power play, and a Scituate player pushed a North Quincy player, sending another one of them to the box.

Ultimately, the Red Raiders wouldn't score on the 5-on-3 chance, but they scored on their second power play of the span. Salmanowich found the puck on the left side of the net with the goaltender focused on the right side. Salmanowich fired the puck into the net, capitalizing on a second chance opportunity

with 12:23 left in the game, making it a 2-1 bout.

That was all of the offense the team could muster in the game. With 8:53 remaining, Scituate added an insurance goal. One of their players was centered with the net, found an open lane, and rifled the puck into the net for another score.

With 3:16 remaining, the Red Raiders had another chance with a two-minute power play following a Scituate penalty. However, Scituate killed the power play, and the Red Raiders did not make a comeback.

As of the start of this week, the team had played in five games and scored 13 goals while letting up 17. They picked up one win last week before dropping a pair of games. First, they defeated Plymouth South 4-2 at home Jan. 18. Two days later, they played Pembroke at Hobomock Arena in Pembroke and lost 7-3. And then they played Scituate on the Saturday of that week.

The roster for the Red Raiders this season includes: sophomore forward Vinny O'Leary, junior forward Ben Snyder, senior defenseman Ben Wines, senior defenseman Michael Collins, senior defenseman Anthony Viera, senior forward Joey Burke, senior forward Mike Izzo, senior forward Ronan Kelly, sophomore forward James Rogers, junior defenseman Michael Gorman, senior defenseman Sean Feeney, junior forward Michael Steele, junior defenseman John Lynch, junior defenseman Kevin Salmanowich, sophomore forward Noah Kearney, senior forward Declan Callahan, freshman forward Tyler Kelly, junior goalie Thomas Kelly, and senior goalie Asher Wines.

Orla O'Driscoll Notches 100th Point In QNQ 10-3 Win

Junior Orla O'Driscoll hit the 100 point mark in Quincy-North Quincy girls' hockey 10-3 victory over Scituate Saturday night at Quincy Youth Arena.

O'Driscoll becomes the fourth player in program history to hit the century mark. O'Driscoll entered the contest needing 5 points to reach 100 and scored a hat trick and added two assists to get there in the win.

Sophomore Maggie Lynch also had three goals and added an assist in the win. Lynch now stands 15 points shy of 100.

Eighth grader Chloe Melchin and sophomore Abby Newton each scored their first career goal for QNQ. Sophomore Hailey Concannon got the win in net.

Earlier in the week QNQ

beat Plymouth 4-2. Junior captain Maddie Bailey led the offense with 2 goals and 1 assists while Lynch and O'Driscoll each added a goal. Senior captain Emma Ford was great in net shutting down the Plymouth offense. Sophomore Maggie Dineen was strong on defense in both wins.

On Monday, QNS defeated Plymouth again 5-3. Maggie Lynch and Shea Nolan each had 2 goals with Nolan getting the game winner with 6 minutes to play and Lynch getting an empty netter to seal the game. Other goal was by Abby Newton and Newton, O'Driscoll, and Dineen each chipped in an assist.

Senior captain Emma Ford got the win in net. QNQ improved to 5-1-1.

NQ Girls' Hoop Defeats Plymouth S.

Traveling to Plymouth South last Friday night, North Quincy girls' basketball handily defeated the Panthers, 52-25.

North was once again led by Orlagh Gormley and Fallon Hobin who had 21 and 14 points respectively. Gormley had 9 in the first quarter.

Molly Toland came off the bench in the first and hit for three hoops as the visitors grabbed a lead they would never relinquish. Hobin had a big third quarter with 10 points including back-to-back three pointers. North also got 6 points from Ava Bryan. North now stands at 3-2.

Registry Of Deeds Recognized By D'Angelo Sandwiches

Cont'd From Page 12
year, 2019.

The busy activity despite COVID 19 led to increased revenue collections at the Registry of Deeds with over 68 million dollars being collected in calendar year 2020 due to the efforts of Registry employees. These monies get forwarded to the state where they help pay for critical programs at the state, county and local levels including public safety, health care and education. These collected funds are also used for the Community Preservation Act (CPA) projects in our local communities.

Register of Deeds Bill O'Donnell thanked all of the Registry employees for their efforts and collaboration in keeping the Registry of Deeds operational.

"The safety and health of all our Registry employees during this COVID-19 pandemic is our chief priority," O'Donnell said. "Each Registry employee is an 'Every Day Hero' for doing their jobs. I appreciate and want

to thank D'Angelo's for giving the Norfolk Registry of Deeds employees this recognition."

Norfolk County Commissioner Richard Staiti was also on hand at the Norfolk Registry of Deeds when the D'Angelo sandwiches were delivered as part of the Every Day Heroes Program. Commissioner Staiti also recognized the Registry employees and thanked D'Angelos for their generosity and thoughtfulness.

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information.

All land record research information can be found on the Registry's website www.norfolkdeeds.org.

Residents in need of assistance can call (781) 461-6101, or email register@norfolkdeeds.org.

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Andronico Ward 2 Councillor; School Seat To Be Filled

Cont'd From Page 1

ty," Andronico said following Monday's vote.

"I think it is really important to just say thank you to everyone who stepped forward to represent Ward 2. Some of the best qualities of Ward 2 are displayed in each candidate and it is one of the things that I love about this community...there is no shortage of people that are willing to step up to help others."

Andronico will serve out the remainder of Croall's term, which expires at the end of the year. On Tuesday, he said it was too soon to say whether he would run for a full term in the fall.

"That's a decision I'll make in the coming months after discussion with my fi-



ANTHONY ANDRONICO

ancée and family," Andronico said in a statement. "For now, I'm just focused on working hard for the people of Ward Two and getting up to speed."

Councillors had invited Ward 2 residents to nominate themselves to serve out the remainder of Croall's term

prior to Monday's meeting. In addition to Andronico, the other candidates who did so were: Richard Ash, an attorney who is involved in several community groups; attorney Kenneth Augen; Mary Jo Brogna, a nurse and member of the board of governors at Quincy College; and Dana Harkin, the president of the Penn's Hill Neighborhood Association and a patient advocate.

After hearing from each of the five candidates, the eight councillors voted 6-2 in favor of appointing Andronico to the seat. Councillors Nina Liang and Anne Mahoney both voted for Brogna.

In his pitch to councillors, Andronico said the next Ward 2 councillor

needs to be prepared to follow in Croall's footsteps from day one.

"Brad was exactly what you want in a ward councillor - he genuinely listened to people's concerns, connected residents with city resources when they needed help, and did his best to represent their values when voting at City Hall," Andronico said.

"Although we have brighter days ahead than in 2020, the next year will have many challenges, and the person who assumes this role for the next year must be able to continue the high level of service that the people of Ward 2 have come to expect."

Andronico was elected to the School Committee

in 2017 and has served its vice chairman since January 2020.

"Serving as vice chair of the School Committee over the past year has been no easy task - we conducted a superintendent search for the first time in 20 years, worked to reopen schools amidst COVID-19, and acted quickly to better respond to the issue of racial bias in our community," he said. "With each of these major actions, I advocated for the one thing I find most important when making decisions: public input."

Andronico is currently the director of communications for Sen. Patrick O'Connor, a Weymouth Republican. Andronico said constituent services are a

key part of that job.

"This past spring, when COVID-19 shutdown the commonwealth, I was on the phone day and night with people who called our office making sure we connected them with the unemployment office and that they received the support they needed," Andronico said.

"Whether we picked up the phone or returned voicemails was, in some cases, the deciding factor in whether or not people would be able to go grocery shopping and put food on that table for their family that week."

Ash, an attorney with the firm Baker, Braverman & Barbadoro, is the treasurer

Cont'd On Page 25

'The Last 9 Years Were Never About Me,' Croall Says

By SCOTT JACKSON

As he prepared to depart from his role as a city councillor, Brad Croall said he always approached the position with the intensity and integrity required to serve his constituents.

Croall stepped down from the City Council at the conclusion of its meeting on Jan. 19. He had represented the Ward 2, which includes most of Quincy Point, since 2012.

Croall had announced his intention to retire one week prior, noting he and his wife were expecting their third child.

At the Jan. 19 meeting, Croall delivered his farewell address and became visibly choked up several times as he read from a prepared statement. He said his experience running for the seat for the first time in 2011 helped underscore how important the position was to those he represented.

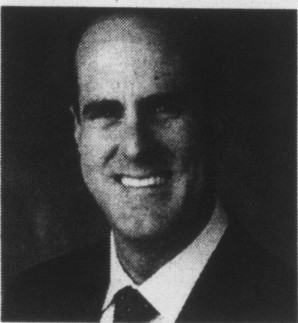
"Just based on those six months, I became a believer in what this job means to everyday people. Throughout my career in this role, I can do an honest evaluation and say that the last nine years were never about me, never about politics, and always about the people I represented in the city," Croall said.

"I always approached this job with intensity and integrity, which I believed was necessary to effectively carry out the will of my constituents."

Croall said being a councillor required many hours of work but allowed him to meet many amazing people and help others during what might be their darkest hours.

"Being a city councillor is not a 9 to 5 job. It's a job that many people truly do not understand - it is a job that is more like a 5 a.m. to 9 p.m.," he said.

"If you are looking to be praised at all times, find



BRAD CROALL

another job. But, if you are looking to get involved in a profession that allows you to meet some of the most amazing people, witness humanity and kindness in a way like no other, help people in what feels like their darkest hour, then you should definitely, definitely run for office."

He concluded his remarks by wishing the remaining councillors success as they continue to serve.

"I wish you all continued success in your new roles as guardians to the city of Quincy and I'm sure our paths will cross in the future. Who knows, maybe I will start showing up at public hearings as a tax-paying citizen - wouldn't that be something," he said.

"Seriously, God bless you all. It has been a pleasure to serve with you. I thank my wife and parents and kids."

The remaining city councillors lauded Croall for his service to the city.

Council President Nina Liang said Croall embodied what it meant to be a public servant.

"You set a standard that we, I think, really need to make sure we're holding ourselves to," Liang said.

"You are so grounded, not just as a councillor but as a person, as a human being, as a friend, and you are committed to whatever it is you do, whatever is in front of you. It didn't matter what we were talking about, you were always so commit-

ted and so focused on being well educated and well versed on any topic."

Ward 4 Councillor Brian Palmucci, the only councillor from 2012 still serving, said he was once told there are two types of people who run for office: Those that want to be someone and those that want to do something.

"It's fair to say that you have always been someone who wants to do something, and that something you wanted to do was to help people and to make Quincy better," Palmucci said to Croall.

"Your love of Quincy is very evident from everything you have done over the past eight years."

Ward 5 Councillor Charles Phelan Jr. said Croall's ability to listen to others stood out.

"One of your incredible gifts was your ability to listen," Phelan said. "To me, that's a sign of not just a politician, but a statesman who is willing to look at every issue and do whatever he thinks is best for the people of Ward 2 and his constituents."

"Brad, you certainly did that your entire time as a councillor."

Ward 6 Councillor William Harris said Croall always carried himself in a professional manner.

"You always spoke from your heart and even in conversations you gave advice, you gave your opinion and you were always professional," Harris said. "That is really, really, really the number one thing that I believe in - trying to continue to be professional, and you always were."

Ronald Mariano, the Quincy Point resident who was recently elected speaker of the Massachusetts House of Representatives, also honored Croall during the

Jan. 19 meeting.

"I've known his family since they moved down the Point, which was a long time before Brad was even born," Mariano said. "The roots are deep and Brad is a true son of Quincy Point

and he has been a pleasure to work with."

"We've gotten a lot of things done together. Never one to be cheap with the credit, he has credited me with things I probably didn't deserve as much credit as I

got."

Mariano said he would present Croall a State House citation in recognition of his service. The citation will be the first Mariano has signed as speaker.

PUBLIC NOTICE

Notice of Public Hearing
2020-182

The Quincy City Council will hold a Public Hearing, on Monday, February 8, 2021, at 6:30 PM in accordance with Governor Charles D. Baker March 10, 2020 order suspending certain provisions of the Open Meeting Law, G.L. C. 30A section 20, The Quincy City Council will be convening, via remote conferencing services that will air on Quincy Access Television (QATV) Channel QATV-9 Government Access in reference to a petition from National Grid for gas main location.

National Grid hereby respectfully requests permission to the locations of mains as hereinafter described for the transmission and distribution of gas in and under the following public streets, lanes, highways and places of the City of Quincy and of the pipes, valves, governors, manholes and other structures, fixtures and appurtenances designed or intended to protect or operate said mains and accomplish the objects of said Company; and the digging up and opening the ground to lay or place same:

To abandon and replace approximately 100 feet of 4 inch, LP bare steel (1966), with the installation of approximately 700 feet of 8 inch, plastic in Joyce Rd from the existing 6 inch, LP plastic (1990) in Connell St to existing 4 inch, LP cast iron (1913) in Quarry St.

Abandon and replace approximately 130 feet of 4 inch, LP plastic (2007), with the installation of 250 feet of 8 inch, LP plastic in Quarry St. from proposed 8 inch, LP plastic tie-in at Joyce St & Quarry St to the existing 6 inch, LP plastic (2007) in Furnace Brook Pkwy.

Date: November 23, 2020

A copy of the Applicant's plan may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, Ma. Monday thru Friday during regular business hours 8:30 A.M. to 4:30 P.M.

Any person wishing to comment can also do so via email to jmanning@quincyma.gov or by regular first-class mail addressed to the City Council Office 1305 Hancock Street, Quincy, MA 02169 Attn: Jennifer Manning. Written comment must be received prior to noon on February 8, 2021 to be entered into the record.

Public access to the hearing and deliberations shall be achieved by Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Time: Feb 8, 2021 06:30 PM US/Eastern

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Nicole L. Crispo
Clerk of the Council

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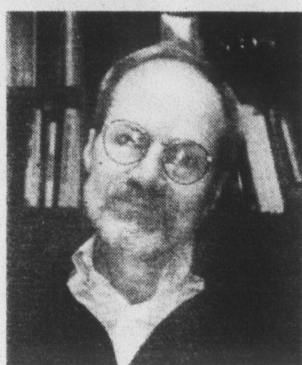
Dennis Lloyd Byrnes, 78

Dennis Lloyd Byrnes, 78, of Weymouth, formerly of Devils Lake, North Dakota, passed away on Jan. 21 at Carney Hospital in Boston, from COVID-19 related complications.

Mr. Byrnes was born on Sept. 23, 1942 at Mercy Hospital in Devils Lake to Edwin and Cora Byrnes. He graduated from Devils Lake High School in 1960 and immediately joined the U.S. Navy where he served honorably with the U.S. Pacific Fleet until 1963. He enrolled at the University of North Dakota in 1964, graduating magna cum laude in 1967.

Mr. Byrnes married the former Sondra Sand in 1967 in Grand Forks, ND. He and Sondra then moved to Massachusetts where he attended graduate school at Brandeis University in Waltham.

After receiving a Ph.D. in cognitive psychology in 1972, Mr. Byrnes joined the faculty of the Psychology Department, University of Massachusetts in Boston where he frequently taught the "Advanced Cognitive Psychology" course and served on committees of students who did their synthesis or thesis work in cognitive psychology. His research focused on human



DENNIS L. BYRNES

memory and learning. He co-authored *The Psychology of Human Memory* which was published in 1981.

Mr. Byrnes retired in 2004 after 31 years as a professor at UMass.

He enjoyed classical music, philosophy, and a wide variety of written works. His wit, kindness and sense of humor will be missed by all who knew him.

Mr. Byrnes was preceded in death by his parents, Edwin and Cora and his brother, Michael. He is survived by his sister, Laurie (Darell) Meier of Silver Spring, MD.

No memorial service will be held due to COVID19 restrictions.

Friends who would like to remember Mr. Byrnes are encouraged to donate to the Alzheimer's Foundation of America, the Cure Alzheimer's Fund, or the charity of their choice in his name.

Paul A. Driscoll

A funeral Mass for Paul A. Driscoll of Quincy was celebrated Monday in St. Ann's Church, Quincy.

Mr. Driscoll died Jan. 19.

Originally from Roxbury, he moved with his father and sister Rita to Quincy. He loved to walk and explore, frequently taking the Red Line into Boston to see the sights. He loved to take pictures and often told his stories through pictures and amassed quite a large collection of photos over the years. He enjoyed watching sports, especially the Patriots and the Celtics. He was an avid fan of the Three Stooges. All who knew him knew how much he loved monkeys.

Mr. Driscoll worked many years for the Wells Grill in Wollaston. He spent many days sitting in the Dunkin' Donuts in Wollaston Center where he made many, many friends. He loved a good party, especially if it was for him. He will be greatly missed and very fondly remembered.

Mr. Driscoll is survived by his brother John E. Driscoll of Pembroke and his sister, Marion F. Flavin, of Quincy.



PAUL A. DRISCOLL

as well as many nieces, nephews, grand nieces and nephews. He was predeceased by siblings Joseph J. Driscoll, Jr., Alta Tatrout, Eleanor Hutchinson, Rita Driscoll, Francis Driscoll, Eileen M. Andrews, Barbara J. Driscoll and Roger T. Driscoll.

Interment at Fairview Cemetery, Boston.

A celebration of Mr. Driscoll's life will take place in the spring when, hopefully, Covid restrictions have eased.

Memorial donations may be made to the PKD Foundation, P.O. Box 871847, Kansas City, MO 64187.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Joanne A. Buckley

A funeral Mass for Joanne A. (Dewsnap) Buckley was privately celebrated Jan. 23 in St. Agatha Church, Milton.

Mrs. Buckley died peacefully on Jan. 18 at home in the care of her family after a courageous battle with cancer.

Loving mother to Paul Buckley and his wife Mindy of Pennsylvania, Michael Buckley of Quincy, Jacqueline Buckley and her husband Jeff Allen of Dorchester and Nantucket, Chris Buckley and his wife Jennifer of Quincy, and Amy Hudach and her husband Chris of Quincy. Devoted grandmother to Sarah, Shannon, Christina, Lily, Erin, Caitlyn, Paul, Michaela, Pearce, Ben Hudach, Dan Hudach, Brian, and Brayden Hudach. Sister to Donald Richardson of Colorado, Robert Dewsnap of Fall River, Patrick Dewsnap of Westport. Preceded in death by her brother John Richardson, and her former husband Hon. Paul V Buckley.

Mrs. Buckley spent her early years in Fall River, a graduate of Durfee High School, and as a nurse in Boston before moving to Milton to raise her family. She was active with the St. Agatha School Guild and with Milton youth sports. Summers were spent in Rocky Nook and she was involved with the Rocky Nook Brewster Park Association. Mrs. Buckley worked for over 17 years as a sales associate at Filene's Basement. Her home was always open to everyone.

She moved to Squantum



JOANNE A. BUCKLEY

where she continued to host family dinners, holidays, and the annual Fourth of July parade. She loved to read, garden and cook and enjoyed having family and friends gather at her home for meals featuring all her signature dishes. She developed many strong friendships that have lasted throughout her life.

In her later years, her grandchildren kept her busy and she attended as many of their activities as she could. Mrs. Buckley also enjoyed traveling around New England with her friends from the Kennedy Center and the Castle Island Association, taking fitness classes at the YMCA, and playing mahjong. Her greatest joy in life were her family and grandchildren, whom she cherished and made her very proud.

A memorial service will be scheduled later this summer.

Memorial donations may be made to the Kennedy Center, 440 East Squantum St., Quincy, MA 02171.

Funeral arrangements were made by the Alfred D. Thomas Funeral Home, Milton.

Markos Dindi, 47

Markos Dindi, age 47, of Quincy, died peacefully, Jan. 18 at Brigham and Women's Hospital.

Mr. Dindi was born in Tirana, Albania, and was raised and educated there. In 1990, at the age of 16, he and his family moved to Greece. Two years later, at the age of 18, he and his family immigrated to the United States, first settling in Burlington, and then moving to Quincy. He had lived in Quincy for the past 29 years.

Mr. Dindi was employed



MARKOS DINDI

as an HVAC technician.

He enjoyed traveling, fishing, and was an avid fan of the New England Patriots. Mr. Dindi also enjoyed spending time with friends. Most of all, he was devoted to his children.

Beloved fiancé of Anjeza Flamuraj.

Devoted father of Izabel A. Dindi and Santino P. Dindi.

Cherished son of Androniqi (Kallushi) Dindi of Quincy and the late Bardhyl Dindi. Dear brother of Petro Dindi of Albania.

Mr. Dindi is also survived by his Godchild, Maria Pano, many cousins, and dear friends.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

In light of current events, Mr. Dindi's funeral service and interment took place privately.

Memorial donations may be made to a charity of choice.

Alice C. Sweeney, 93

A private funeral and burial were held for Alice C. (Last) Sweeney, 93, of Quincy. Alice died Jan. 20.

The beloved wife of the late John F. Sweeney, Sr. Loving mother of John F. Sweeney, Jr. of Quincy and the late William and Paul Sweeney and Susan Schiffer. Sister of Marie Kaup of FL and Theresa Leary of Hingham. Mrs. Sweeney is predeceased by 7 other brothers and sisters. She was the cherished grandmother of 12 grandchildren, 17 great-grandchildren and 8 great-great grandchildren and many nieces and nephews.

Mrs. Sweeney enjoyed her trips to Foxwoods and loved to play BINGO. She enjoyed singing and was always up to the challenge for a word search puzzle. The foundation of her life was her



ALICE C. SWEENEY

family and her faith - she was a devout Catholic.

Mrs. Sweeney will be sadly missed by all those who were blessed to have had her in their lives. Funeral arrangements were made by the Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to St. Jude's Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.



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In Loving Memory of
Christopher W. McCallum
2nd Year Anniversary
March 2, 1974 - January 28, 2019



Chris, on January 28, 2019 our whole world was shattered when you were suddenly ripped from our lives.

We will always remember how you were the brightest light when entering a room.

We will forever miss that beautiful smile and the kindness you showed to everyone.

No one will ever be able to take your vacant place.

We will continue to follow through to seek justice for you and our family.

In loving memory,
Mom, Dad and family

More Obituaries online at
www.TheQuincySun.com

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Patricia A. Downey

A funeral Mass for Patricia Ann "Patti D" (McCarthy) Downey of Quincy will be celebrated Thursday at 11 a.m. in Sacred Heart Church, Quincy.

Mrs. Downey died Jan. 21. She was a lifelong North Quincy resident, graduating from North Quincy High School, Curry College, and Boston City School of Nursing with her nursing degree. Mrs. Downey was passionate about helping people and worked as an infection control nurse and then retired from Boston Medical Center as an OBGYN nurse.

She adored being a grandmother to her two granddaughters and enjoyed taking them to the zoo and spending time with them. Mrs. Downey loved to travel; her and her husband Jimmy went on a cruise every year and traveled all over the world together.



PATRICIA A. DOWNEY

Her faith was very important to her and she went to church every Sunday. Mrs. Downey was a caring and compassionate woman who will be greatly missed by all who knew her.

Beloved wife of James Downey of Quincy, formerly Jamaica Plain. Loving mother of Colleen Downey of Quincy and her partner Matthew Kidd and Kimberly Downey and her partner Peter Headley

of Quincy. Cherished sister of Maryjane Smith of Saginaw, Michigan, Barbara Baker and her husband Richard of Plymouth, Joseph McCarthy and his wife Nancy of Middleboro, and Michael McCarthy and his wife Barbara of Weymouth. Dear cousin to Margaret Bonner and her husband James of Weymouth. Loving grandmother of Nicole Eades and her partner Philip Peresada and Grace Kidd of Quincy. Also survived by many other cousins, nieces, and nephews.

Visiting hours are 9 to 10:30 a.m. Thursday in Keohane Funeral Home, 785 Hancock St., Quincy.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to Alzheimers Assn., MA Chapter, 309 Waverley Oaks Rd., Waltham, MA 02452.

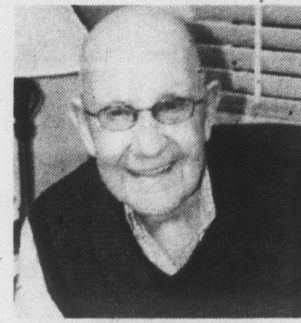
William J. Kearns, Sr.

A funeral Mass for William J. Kearns, Sr. of Quincy was privately celebrated Monday in St. Mark's Church, Dorchester.

Mr. Kearns died Jan. 20 at Season's Hospice in Milton surrounded by his loving family.

Born and raised in Dorchester he graduated from Boston Tech High School and was a veteran of the United States Army where he served in the Korean War. He worked for New England Telephone for 37 years initially as a lineman and retiring as the manager of the accounting department.

Mr. Kearns was active in Dorchester youth sports where he was a coach and mentor for Millstream Baseball and Neponset Youth Hockey. He was also member of the New England



WILLIAM J. KEARNS, SR.

Telephone Pioneers and the McKeon Post in Dorchester.

Beloved husband of Ann M. (Gillis) and the late Patricia A. (Morris). Father of Elaine J. Cullinane and her husband Robert of Dorchester, William J. Kearns Jr. and his wife Elizabeth of Westwood, Paul J. Kearns and his wife Drena of Bellingham, and the late Denise McFarland and Patricia Kearns. Stepfather of Patricia McHale of Dorchester, Elaine McCarthy of

Abington, Ronald Gillis of Needham, Timothy Gillis of Quincy, Paul Gillis of Dorchester, Joanne Payne of Dorchester, and John Gillis of Winchester. Brother of Patrick "Frank" Kearns of Rockland and the late John J. Kearns, Mary Fay, and Anne Marklis. Also survived by 10 grandchildren, 7 great-grandchildren, 20 step grandchildren and many nieces and nephews.

Interment at New Calvary Cemetery.

Memorial donations may be made to Dorchester Youth Hockey, 15 Glide St., Dorchester, MA 02122 or to Season's Hospice & Palliative Care, 597 Randolph St., Milton, MA 02186.

Funeral arrangements were made by the Alfred D. Thomas Funeral Home, Milton.

Kathleen E. Cameron

A funeral Mass for Kathleen E. (Lofgren) "Kathy" Cameron of Quincy was celebrated Tuesday in Sacred Heart Church, Quincy.

Mrs. Cameron died Jan. 19.

She adored her faith, family, and friends. She was born in Boston and lived in Jamaica Plain. She met her husband while working in Boston and moved to Quincy after they married. She volunteered regularly at Sacred Heart Church and sang in the church choir. She also sang with "Sweet Adeline's," a local choral group.

Mrs. Cameron worked as a secretary for Quincy Public Schools and was active in her union. After retirement, she and her husband volunteered at the Kennedy Senior Center singing and dancing with seniors. She loved to travel, visiting Italy and England,

and was most happy spending time with her family. Mrs. Cameron loved children and it brought her such joy watching her grandchildren grow. She was a generous and caring woman who would always put others before herself. She will be greatly missed by all who knew her.

Mrs. Cameron was the beloved wife of Allen F. "Al" Cameron, with whom she shared 55 years of loving marriage. Devoted mother of Karen Lee and her partner Michael Parmenter of Hanson, Christopher Cameron and his spouse Kim of Weymouth, Mary Ellen Logan and her partner John Engrassia of Quincy and Andrew Cameron and his spouse Lisa of Rockland. Loving sister of Nancy McDonald and her spouse Paul of Sandwich, Geraldine Noonan of Rockland, Mary Joan Lofgren S.S.J. of Milton,

Mary Theresa Mariano and her spouse Joe of Middleboro, Frederick Lofgren and his spouse Carol of Raynham, Thomas Lofgren of TX, Gerald Lofgren, and the late Robert, John, Peter Lofgren, and Bettie Ann LeCount. She was the loving Gigi of Shane, Collin, Michaela, Katherine, Marguerite, Michael, Kate, and Nick, who she adored, and is also survived by many loving nieces, nephews, extended family and friends.

Interment at Blue Hill Cemetery, Braintree.

Burial in Blue Hill Cemetery, Braintree.

Memorial donations may be made to Alzheimers Assn., MA Chapter, 309 Waverley Oaks Rd., Waltham, MA 02452.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Jenine M. Manley, 86

Jenine M. "Sissy" (Tallent) Manley, age 86, of Quincy, died peacefully Jan. 21 at Alliance Health at Braintree.

Born in Boston, to the late Kenneth J. and Rose (Blanco) Tallent, she was raised and educated there. She had lived in Quincy for ten years, previously in Hull for fifteen years, and earlier in South Boston.

Mrs. Manley was employed as a waitress at the former Englewood Diner in Dorchester and the former Mul's Diner in South Boston.

Beloved wife of the late Edward J. Triggs. Devoted mother of Richard A. Manley of Quincy, Kenneth J. Manley and his wife Susan of Whitman. Loving grandmother of Erik, Jennifer, Jodi, and Keith. Cherished great-grandmother of Caitlyn, Michael, Patrick,

Conor, Sophia, Kylie, Logan, Grace, and Ella.

One of seven siblings, she was the dear sister of Martin "Sonny" Tallent and his late wife Mary, Richard "Barky" Tallent and his late wife Joanne, Kenneth "Cookie" Tallent and his wife Joyce, and was predeceased by Robert Tallent, Raymond Tallent and his surviving wife Alice "Allie", and Patricia Tallent. Sissy is also survived by many nieces and nephews.

In light of current events, funeral services are private.

Memorial donations may be made to Catholic Charities of Boston, 275 W. Broadway, Boston, MA 02127.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy.

**PLEASE
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NEWSPAPER**

*In Loving Memory
of
Karen Jones*



October 11, 1942 - January 27, 2020

*As time goes by,
we miss you more.
Your loving smile,
your gentle face.
No one can take
your vacant place.*

*In loving memory
Joyce & Jonathan*

William 'Bill' MacIsaac, 62

William "Bill" MacIsaac, 62, of Brockton, passed away Jan. 18.

Mr. MacIsaac was predeceased by his parents Richard and Eva MacIsaac. He is survived by his brother Frank MacIsaac of Quincy MA and three sons, Shannon MacIsaac and his wife Megan MacIsaac of Branford, CT, Evan Mac-

Isaac of Somerville, MA, and Zachary MacIsaac of NH. He is survived by his partner Paul Dyer of Sangerville, ME, and spoke often of his dreams to retire in Maine. He is also survived by his former wife Cory MacIsaac of Quincy, MA, and was a loving grandfather to Tessa, Brynn, and Lacey MacIsaac. He was the proud

owner of rescue dogs Rachel and Dexter, and a U.S. Army veteran.

A memorial Mass will be held at a future date, to be determined.

Funeral arrangements were made by the Faggas Funeral Home, 551 Mt. Auburn St., Watertown.



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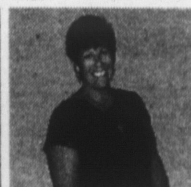
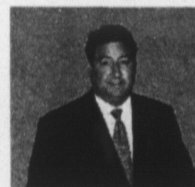
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OBITUARIES

Wayne Buscemi, 74

Visiting hours for Wayne Buscemi, 74, of Weymouth, a longtime employee at McGinn's Service Station on Newport Avenue and Furnace Brook Parkway in Quincy, will be held Jan. 31 from 2 to 5 p.m. in Keohane Funeral Home, 785 Hancock St., Quincy.

Mr. Buscemi died Jan. 22 after a courageous battle with cancer.

He was a highly decorated United States Marine Corps veteran and recipient of the Purple Heart. He was very proud of his military career.

He enjoyed playing his



WAYNE BUSCEMI

guitar but truly loved to work. Mr. Buscemi was always ready to help someone out and put others needs before his own. He will be remembered as a devoted father and grandfather, who

cherished the time he spent with his family.

Mr. Buscemi leaves behind his sons Wayne and his wife Kim Buscemi of Plymouth and Joseph and his wife Christina Buscemi of Texas. He is the cherished grandpa to Amanda Levasseur of Plymouth and his beloved grandson Matthew Buscemi who sadly passed away in 2013. He is the devoted great-grandfather of Shamus and Nolan. He also leaves behind his fiancée Paula Dineen.

Son of the late Rosario and Cecilia Buscemi and stepson of the late Lola Buscemi. Loving brother of Donald Buscemi and his wife Ann of Duxbury, Catherine Conti and her husband Joe of Braintree, Pamalia Buscemi of Foxborough. Step brother of Joyce Wadsworth of Rockland, ME, Joanne Distasi of Carver and Mary Curtis of Quincy and the late Jeanette Stewart and John Lucia. Devoted uncle of Ashley and Joey Conti and Ronald Buscemi and the late Donald Buscemi. Mr. Buscemi also leaves his great friend Buddy McGinn. He is also survived by nieces, nephews, aunts, uncles, cousins and countless friends.

When you notice your inspection needs to be renewed - think of Mr. Buscemi!

Interment at Massachusetts National Cemetery, Bourne, with full military honors.

Memorial donations may be made to the family GoFundMe page at gofund.me/aad32f3f.

Patrick J. McDonough, 69

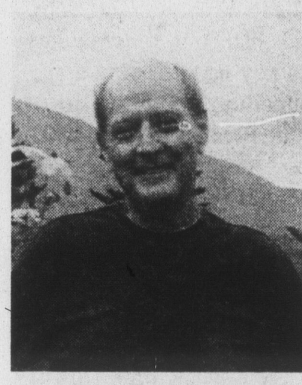
A funeral Mass for Patrick J. McDonough, age 69, of Quincy will be celebrated Thursday at 10 a.m. in St. John the Baptist Church, Quincy.

Mr. McDonough died Jan. 22 at Massachusetts General Hospital after a long illness.

Born in Boston, he was raised in Dorchester and attended Boston Tech High School. He graduated from the Shattuck Hospital School of Nursing with his LPN and also earned his bachelor's at Boston State College.

Mr. McDonough was a member of the Boston Fire Department for 36 years before retiring in 2011. He spent the majority of his career on Ladder 6 and retired from the Fire Brigade.

He was an avid golfer and was a member of Presidents Golf Course in Quincy. Mr. McDonough lived his life to the fullest with many vacations including a cruise on



PATRICK J. McDONOUGH

the Danube River, trips to Florida, ski trips to North Conway and summer weekends on the Cape. You could often find Mr. McDonough wearing his famous smile and scaly cap while enjoying an Irish mist with friends and family. In recent years, he passed on his love of scaly caps aka "Paddy Hats" to his youngest family members, Jack and Makena Foley. Mr. McDonough was also a member of Boston Firefighters Local 718 and the Quincy Elks.

Beloved fiancé of Irene M. Foley of Hull. Brother of Margaret A. Prout of N.H., Anne "Sandy" Clasby of Quincy, Michael A. McDonough of Milton, Karen W. Corbett of Worcester, John T. "Terry" McDonough of Stoneham, and the late Thomas J. and James B. McDonough. Father of Karen Plunkett of Dorchester and Mark McDonough of S. Boston. Also survived by many nieces and nephews.

Visiting hours at the Alfred D. Thomas Funeral Home, Milton, Wednesday from 4 to 8 p.m. Due to the current Covid-19 guidelines, only 10 guests will be permitted within the funeral home at a time, masks are required, and guests should bring their own pens to sign the register book.

Private interment.

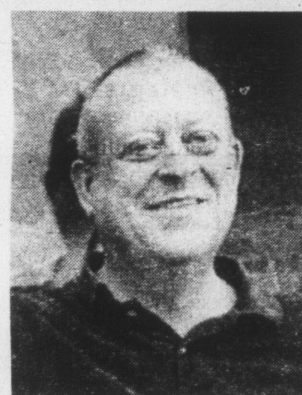
Memorial donations may be made to the Boston Firefighter's Burn Foundation, 55 Hallet St., Dorchester, MA 02124.

Kenneth R. Mann

Kenneth R. Mann, 52, of Pembroke, formerly of Quincy, died Jan. 15.

He was born in Boston on Jan. 13, 1969, son of Ellen (Connerton) Mann and the late Kenneth V. Mann. He is survived by his spouse, Patricia (Branton) Mann and his daughter Lauren Mann. He is also survived by his sister Virginia Frangos and brother Thomas Mann.

Mr. Mann was a commercial insurance account manager for many years and



KENNETH R. MANN

worked most recently for William Borhek Insurance

Agency in Halifax. He enjoyed all types of music and loved playing the guitar. He also loved all Boston sports teams, especially the Boston Celtics.

All services for Mr. Mann are private.

Memorial donations may be made to St. Jude Children's Research Hospital or to the Jimmy Fund.

Funeral arrangements were made by Sullivan Funeral Home, Hanover.

NOTICE OF PUBLIC HEARING

Case ZBA 20-10

NOTICE OF PUBLIC HEARING

This case is remanded back by land court.

The ZBA will hold a public hearing on Tuesday, February 9, 2021 @ 5:30 P.M. to consider the application of **JOHN T. MAKI & DEBORAH HEATH-MAKI** for a **VARIANCE** to redivide the lot into two lots and construct a single family home on the newly created lot, in violation of Title 17 as amended, Chapter 4.0 (dimensional requirements) on the premises numbered **93 GRAND VIEW AVENUE, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Feb. 9, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/98733489241?pwd=NUJYcW9lellrNkpYZINTT0FQVTEvdz09>

Meeting ID: 987 3348 9241

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 987 3348 9241

Passcode: 782433

Find your local number: <https://zoom.us/j/98733489241>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

1/21/21, 1/28/21

NOTICE OF PUBLIC HEARING

Case ZBA 20-85

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, February 9, 2021 @ 5:30 P.M. to consider the application of **KEVEN TAYLOR** for a **VARIANCE** to remove the existing deck and replace it with a two story addition in violation of Title 17 as amended, Chapter 4.0 (dimensional requirements) on the premises numbered **65 APTHORP STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Feb. 9, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/98733489241?pwd=NUJYcW9lellrNkpYZINTT0FQVTEvdz09>

Meeting ID: 987 3348 9241

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 987 3348 9241

Passcode: 782433

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Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

1/21/21, 1/28/21

NOTICE OF PUBLIC HEARING

Case ZBA 20-88

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, February 9, 2021 @ 5:30 P.M. to consider the application of **PAUL PINTO** for a **VARIANCE** to construct an addition in violation of Title 17 as amended, Chapter 4.1 (table of dimensional requirements) on the premises numbered **1026 SEA STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Feb. 9, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/98733489241?pwd=NUJYcW9lellrNkpYZINTT0FQVTEvdz09>

Meeting ID: 987 3348 9241

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 987 3348 9241

Passcode: 782433

Find your local number: <https://zoom.us/j/98733489241>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

1/21/21, 1/28/21

NOTICE OF PUBLIC HEARING

Case ZBA 21-01

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, February 9, 2021 @ 5:30 P.M. to consider the application of **BRIAN KEEFE** for a **VARIANCE** to construct an attached garage with addition above in violation of Title 17 as amended, Chapter 4.0 (table of dimensional requirements) on the premises numbered **91 BAY VIEW AVENUE, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Feb. 9, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/98733489241?pwd=NUJYcW9lellrNkpYZINTT0FQVTEvdz09>

Meeting ID: 987 3348 9241

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1/21/21, 1/28/21

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Andronico Ward 2 Councillor; School Seat To Be Filled

Cont'd From Page 21

of the Ward 2 Democratic City Committee, a board member and clerk of the Ward 2 Civic Association and vice president of Quincy Pride. He said his family has lived in Quincy Point since the late 1800s and that, along with his professional background, made him the right choice to represent the ward.

"A good city councillor to me, especially in Quincy, is someone who has roots in the neighborhood, a skillset for the position and the passion and work ethic to make sure each and every one of their constituents are given the time, attention and voice that they deserve," Ash said.

Augen has owned his own law firm in Quincy, Augen Law Offices, since 2006, and previously lived and worked in Singapore, Japan, Florida and California. Augen called himself a newcomer that could bring a different perspective to the job.

"I do believe that as a newcomer to this political scene that I might bring a different perspective than some of the people who have been living in Quincy their entire lives," Augen said. "Most of my clients happen to be from Quincy. A lot of them are newcomers to the city and a lot of them have ongoing concerns as residents, as small business people, as people trying to establish roots in the city."

Broyna, presently the director of nursing for Harbor Health Services and a former administrator at Beth Israel Deaconess Medical Center, said her experience in health care would serve the city well amid the pandemic.

"What brought me to volunteer for this is what we have been experiencing in the past year. I, as a nurse and a health care executive, have been on the front lines of the pandemic and I do believe that, for the remainder of 2021, we will continue to be absorbed with the pandemic," she said.

Broyna also stated she would only serve the re-

mainder of Croall's term and would not seek a full term in this fall's municipal election.

Harkin, the director of patient advocacy for Sobi, said listening to residents is a key part of being a city councillor. As the president of the Penn's Hill Neighborhood Association, she noted she has been involved in several community initiatives, including the effort that resulted in the Independence Avenue gate to the Quincy Adams MBTA station being reopened.

"It was really about engaging the community and listening to what the residents of two different wards, what their opinions were," Harkin said. "That, I think, really stands out as one of the core components of why I feel I would be a great asset to the council, because it is about listening and learning."

After the candidates made their pitches, Ward 4 Councillor Brian Palmucci thanked them for their willingness to serve and identified what he saw as the strengths of each candidate.

"Ward 2 is lucky to have each and every one of you," he said.

Palmucci also called the appointment of the new councillor a peculiar process because the eight councillors were being asked to choose a representative for an entire ward — in this case a ward none of the councillors live in. Palmucci said he supported Andronico because he was the only one of the five candidates to have previously run for election.

"Tonight, I am going to support Anthony Andronico to fill the unexpired term of the Ward 2 city councillor and that is in large part because he stood for election before the voters of Quincy previously," Palmucci said.

"To me — again talking about the discomfort that I have with eight of us selecting the Ward 2 city councillor and none of us being from Ward 2 — that carries a lot of weight with me, the fact that he has been popularly elected to a position and he has served with dis-

inction on the School Committee."

Ward 6 Councillor William Harris shared a similar sentiment.

"The person I am going to endorse is Anthony... because he has already put himself out there," Harris said. "I think Anthony will be around a long time."

Mahoney, who voted for Broyna, noted the last time a councillor resigned midterm was in July 2011 when Daniel Raymondi left the Ward 2 seat and Francis Orlando, who said he would not run for a full-term, was appointed to the seat.

"When Dan Raymondi moved out of being the ward councillor it opened up and it was presented as an opportunity for someone to step in and it was filled with somebody who was not going to run. We had a great election for Ward 2 where Brad Croall ended up succeeding," Mahoney said. "The ward got to select who the councilperson was."

Liang said Broyna's experience in health care

would be, "an incredible value-add for the substantive decisions that are in front of us."

Andronico will have to leave his position on the School Committee to join the City Council. That school board seat, whose term is up at the end of the year, will be filled by a joint convention of the City

Council and School Committee.

The last time the City Council and School Committee met to fill a vacancy on the latter board was in January 2016. Emily Lebo was unanimously chosen to serve the remainder of Noel DiBona's term on the

School Committee following DiBona's election to the council in 2015. Lebo was the first runner-up or the fourth-place finisher in the race for three school seats in 2015; she had sought a school seat as a write-in candidate that fall.

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO21P0043EA

Commonwealth of Massachusetts The Trial Court Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
John Lawrence Forbes
Also known as:
John L. Forbes, John Forbes
Date of Death:
November 24, 2020

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **John P. Forbes of Boston, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **John P. Forbes of Boston, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in an **unsupervised** administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 03/03/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: January 25, 2021
COLLEEN M. BRIERLEY
Register of Probate

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO20P3035EA

Commonwealth of Massachusetts The Trial Court Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Jane R. Hagerty
Date of Death:
January 14, 2019

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **John P. Hagerty of Quincy, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **John P. Hagerty of Quincy, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in an **unsupervised** administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 02/24/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: January 20, 2021
COLLEEN M. BRIERLEY
Register of Probate

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO21P0016EA

Commonwealth of Massachusetts The Trial Court Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Emilie McIntyre
Date of Death:
October 10, 2020

To all interested persons:
A Petition for **Formal Probate of Will** has been filed by **Christopher J. McIntyre of Quincy, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Christopher J. McIntyre of Quincy, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in an **unsupervised** administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 02/24/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: January 22, 2021
COLLEEN M. BRIERLEY
Register of Probate

LEGAL NOTICE

CITATION ON PETITION FOR ORDER OF COMPLETE SETTLEMENT
Docket No. NO16P0892EA

Commonwealth of Massachusetts The Trial Court Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Jane H. DiCristofaro
Also known as:
Giovanna DiCristofaro, Jane DiCristofaro
Date of Death:
12/05/2015

A Petition for **Order of Complete Settlement** has been filed by **Steven P. Karol of Milton, MA** requesting that the court enter a formal Decree of Complete Settlement including the allowance of a final account, 1st & Final and other such relief as may be requested in the Petition.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 02/24/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: January 19, 2021
COLLEEN M. BRIERLEY
Register of Probate

1/28/21

OBITUARY

Dorothy R. Peters, 84

Dorothy R. (Oliver) Peters of Quincy died peacefully Jan. 20 at the age of 84.

Devoted mother of Diane Condon and her husband Tom of Mansfield, David Peters and his wife Kathy of Madison, CT and Dominic Peters of Quincy. Cherished sister of William Oliver of Weymouth, Joyce Delgado of Brookline and the late Gail Harris. Loving "Grammy" of Jacob. Also survived by many loving nieces, nephews and friends. Great friend of Hazel Pappas.



DOROTHY R. PETERS

All services were private at family's request.

Funeral arrangements were made by the Carroll-Thomas Funeral Home, Hyde Park.

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- In the late 1950s, when major film studios were losing patrons to television, they were desperate to come up with ways to get moviegoers away from their TVs and back into theaters. Among their brainstorms were CinemaScope, Stereophonic Sound, Scratch & Sniff (a card you sniffed for an enhanced viewing experience) and, of course, 3D. They even wired seats to give shocks during horror films.

More recently, movie distributors reinvented 3D, and with IMAX got moviegoers away from their TVs, computers and other electronic devices. With theater closures because of the pandemic, movie studios began releasing films, such as Warner Brothers' "Wonder Woman 1984," to theaters overseas, in the U.S. at drive-ins and on streaming platforms. "WW84" would normally have been a tent pole release in IMAX, but Warner Bros., which was having difficulty finding subscribers for its HBO Max streaming platform, saw its subscriptions balloon from 8.6 million to 12.6 million on the opening day of "WW84," which grossed \$85 million worldwide. All this has prompted WB to fast-track "Wonder Woman 3" into preproduction for a quick release.

The New York Film Critics annual picks, made prior to award season, are usually on the money. Their picks have often been a barometer for the Oscars. However, this year will be tough. Some of their choices may be unfamiliar to most of

us. British-American actor Delroy Lindo (best known for "Malcolm X") nabbed best actor, while the late Chadwick Boseman was named best supporting actor, both for Spike Lee's "Da 5 Bloods," about vets who return to Vietnam seeking the remains of their fallen squad leader. The best actress nod went to 21-year-old non-binary woman Sidney Flanagan (that's another story) for "Never Rarely Sometimes Always," which concerns two teenage girls who travel to NYC to get medical help for an unintended pregnancy. The best supporting actress pick was Maria Bakalova, the 24-year-old Bulgarian actress who played Tutar Sagdiyev in "Borat Subsequent Moviefilm." The critics' choice for best picture was "First Cow," about two travelers on the run from vengeful hunters in the 1920s Northwest dreaming to strike it rich. It all boils down to the secret use of a prized dairy cow. Will you be returning to theaters when they reopen, or like most of us, will you become a couch potato, streaming films at home on the half dozen platforms available to us?

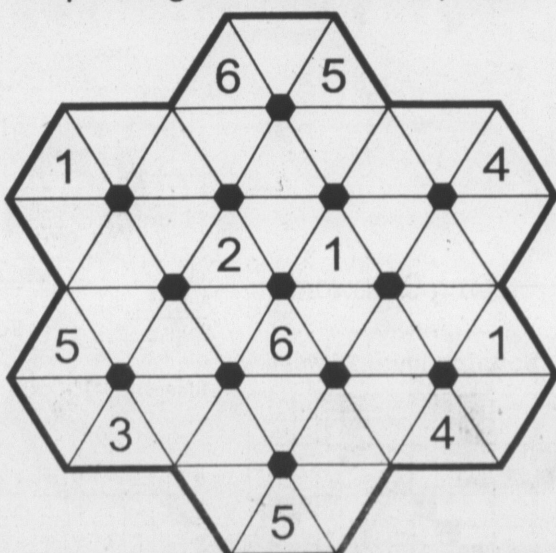
Dwayne Johnson is producing and starring in "Black Adam," a 1940s DC Comic book villain corrupted by power, who becomes an anti-hero in the 2000s with his disregard for rules and conventions. What will they think of next: "Black Eve" for the sequel?

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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KOVELS' Antiques & Collecting

By Terry and Kim Kovel

Paul Evans Chairs --- Paul Evans (1931-1987) is one of the famous midcentury designers in America. He made unique furniture that fit into the buildings and houses being introduced after World War II. His studio was in New Hope, Pennsylvania, and in the 1960s he was making furniture from steel and other metals. He had to learn to weld, torch cut and create a patina to make his boxy chests and tables. Unexpected woods and metals were used in the furniture he made at the Cranbrook Academy of Art. He was successful as a sculptor and as a designer and maker for the company Directional Furniture.

After his death, his work was forgotten for a few years, but soon it was realized that Evans' designs were important, and prices have been going up. His Cityscape pieces seem to be the most popular, but Argenta chairs and tables are wanted for dining rooms in modern houses with large windows and plain walls. Each piece is handmade, all are heavy, difficult to move, unusual and sure to be noticed.

A pair of armchairs made in the 1960s of steel paired with flowered upholstery sold at a Rago Modern Design auction. The chairs estimated at \$9,000 to \$14,000 sold for \$20,000 -- well over the estimate. Each chair is 26 x 25 1/2 x 20 inches.

Q: I have a whale's tooth scrimshaw made by Frank Barcelos in very good condition. I want to sell it but don't know if I should use eBay or an auction. Would you be able to help?

A: Scrimshaw -- carvings or etchings on whale's teeth, bone or ivory -- was first carved by North American whalers and others about

1800. A scrimshander is someone who makes scrimshaw. Frank Barcelos was born Francisco Jose de Barcelos. He came to the United States from the Azores in 1969. Some of his scrimshaw sells for high prices. There are federal laws governing the sale of whale ivory, and it can't be shipped between states. You should contact an auction house to see if they can sell it.

CURRENT PRICES

Underwood Standard Typewriter, No. 5, round keys, ruler, half-moon opening, black, 11 x 12 inches, \$120. Coverlet, "Manufactured on the Latest Fashion," trees, urn, flowers, circles, blue and white, fringe, Seifert & Co., 89 x 96 inches, \$330. Baccarat vase, cut glass, gold enamel, leaves, 19 x 5 inches, \$375. Wrought iron gate, 4 sections, scrollwork, repeating kidney shapes, center hinged gate, 73 x 97 inches, \$800.

TIP: You can tell a piece of jade by the feel. It will be cold, even in warm weather.

Kovels' "A Diary: How to Sell, Settle and Profit from a Collector's Estate" is a step-by-step guide on what to do when settling an estate -- from gathering legal papers to dividing antiques among heirs and selling everything else, even the house. Available only from Kovels for \$19.95 plus \$4.95 postage and handling. Order by phone at 800-303-1996; online at Kovels.com; or write to Kovels, P.O. Box 22900, Beachwood, OH 44122.

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STICKELERS (sic)

by Terry Stickels

- 1) Where is the highest waterfall in the world?
- 2) The world's deepest lake is in what country?
- 3) The _____ River is the longest river in the world. It is 4,130 miles long and flows into the _____ Sea.
- 4) Where is the world's tallest tree?

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Strange BUT TRUE

* The human brain would be able to perform 38 quadrillion (38 thousand trillion) operations per second if it were a computer.

* Lisa Jakub, who played teenager Lydia Hilliard in "Mrs. Doubtfire," was kicked out of her Toronto school for taking the five-month-long film gig. When co-star Robin Williams found out, he wrote a letter to the school asking them to reconsider. School officials framed his letter, but didn't change their mind about Jakub.

* Pope Francis was once a nightclub bouncer in his native Argentina.

* Neptune was the first planet to be found through mathematical predictions rather than telescopic location.

* The Iberian ribbed newt uses its own bones as weapons! Special tubercles in its abdomen allow its ribs to poke out through its skin when the newt is frightened. As an added bonus, the skin secretes a toxic chemical, turning this little creature into a killer of anything that tries

to bite it.

* Allodoxaphobia is the fear of opinions.

* In Ghana, people like to be buried in something that represents their lives. These include coffins shaped like planes for pilots, fish for fishermen and a Mercedes for a businessman.

* Many companies try to be as ethical and environmentally friendly as possible, but Stella McCartney bags took that initiative a step further by making some of the accessories out of corn.

* "Psycho" was the first movie to show a toilet flushing.

* As part of standard convention, pilots and co-pilots do not eat the same food before a flight in case of food poisoning (or worse). If one of the pilots is incapacitated (in other words, unable to leave the bathroom), the other pilot can take over.

Thought for the Day: "The only person you are destined to become is the person you decide to be."
-- Ralph Waldo Emerson

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Now here's a tip!

by Jo Ann Derson

* If you have a steel or metal door, stick a few magnets on the inside for a handy spot to attach reminders and other notes. If your door is wood, just attach a piece of corkboard to a strip of the door. With pushpins, it works the same way.

* Remove white rings on wood tables with mayo! Slather a spoonful of mayonnaise on the spot and let it stand for an hour or so. Wipe clean. Repeat as necessary.

* Use nail polish in bright colors to mark the settings on your washer. The nail polish doesn't wear off like a marker might.

* Got unmatched socks? Save them for the grandkids to use for hand puppets. You can help them sew buttons on, and use

yarn for hair. A barrette can be glued or sewn on for a nose.

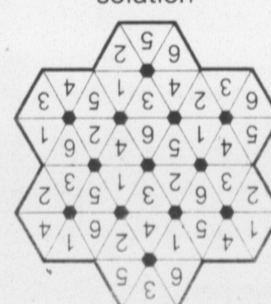
* "Here's a DIY softener sheet for the dryer. Just cut up an old shirt into small squares about the size of your hand. Use a sealable jar and add liquid fabric softener and water in equal parts, and then add all the squares to the liquid. When you move clothes from the washer into the dryer, take a piece, squeeze it out and toss in the dryer. They are reusable -- afterward, just put it back in the jar!" -- D.R. in Florida

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

solution



Go Figure! answers

2	3	9
4	5	6
4	4	9
÷	-	x
5	1	7
5	2	-
-	x	-
11	6	8

Sticklers Answer

- 1) Angel Falls in Venezuela is 3,212 feet high.
- 2) Lake Baikal in Siberia, Russia is 5,387 feet deep.
- 3) Nile, Mediterranean.
- 4) Located in California's Redwood National Park, the tree known as Hyperion is 379.3 feet tall.

Super Crossword

TECH BUZZ

ACROSS

- 1 TV ET from Melmac
- 4 Puncturing tool
- 7 Restrained like Rover
- 15 "To a ..." poems
- 19 Road gunk
- 20 Zodiac beast
- 21 Course taker, e.g.
- 22 Actress Carter
- 23 Start of a riddle
- 26 Singer Fitzgerald
- 27 Grove sight
- 28 Certain boxing stat
- 29 Mil. bigwig
- 30 Pale-looking
- 31 Riddle, part 2
- 38 Kilmer of film
- 40 Alley —
- 41 Lion's foot
- 42 Fellow's wig
- 43 Actor Estevez
- 45 Sega's hedgehog
- 47 Look up to
- 51 Riddle, part 3
- 55 Lyric-writing Gershwin
- 56 Globes
- 57 "knay"
- 58 "Take this"

DOWN

- 59 Brainstorms
- 61 Parsley bit
- 64 Riddle, part 4
- 67 Kay
- Thompson
- 70 Native Kiwi
- 71 Fluctuated greatly
- 72 Riddle, part 5
- 75 Odor
- 77 French port in Brittany
- 78 Outing ruiner
- 79 Afflicted
- 80 Poses
- 84 Inflated self
- 85 Riddle, part 6
- 90 TV talker
- Phil
- 93 Slipknot loop
- 94 Address of "Dr. No"
- 95 Highest volcano in Eur.
- 98 Mil. bigwig
- 99 Mumbai "Mr."
- 100 Cotillion girl
- 101 End of the riddle
- 107 Throat affliction, for short
- 108 To the — degree
- 109 Western Hemisphere gp.
- 110 McEntire of song

113 Hair removal brand

- 114 Riddle's answer
- 120 Deli sandwiches, for short
- 121 Grow pale
- 122 Oct. follower
- 123 O'Hare approx.
- 124 Anatomical sac
- 125 Slammer
- 126 Porker's place
- 127 Water barrier

DOWN

- 1 Element
- statistic: Abbr.
- 2 Oz lion player
- Bert
- 3 Ascend a rock face without aids for support
- 4 Done in the style of
- 5 Vanished as if by magic
- 6 Tilt the head skyward
- 7 Big Brit. lexicon
- 8 Houston-to-Dallas dir.
- 9 Actress
- Nicole — Parker

10 Vowel sound in "game"

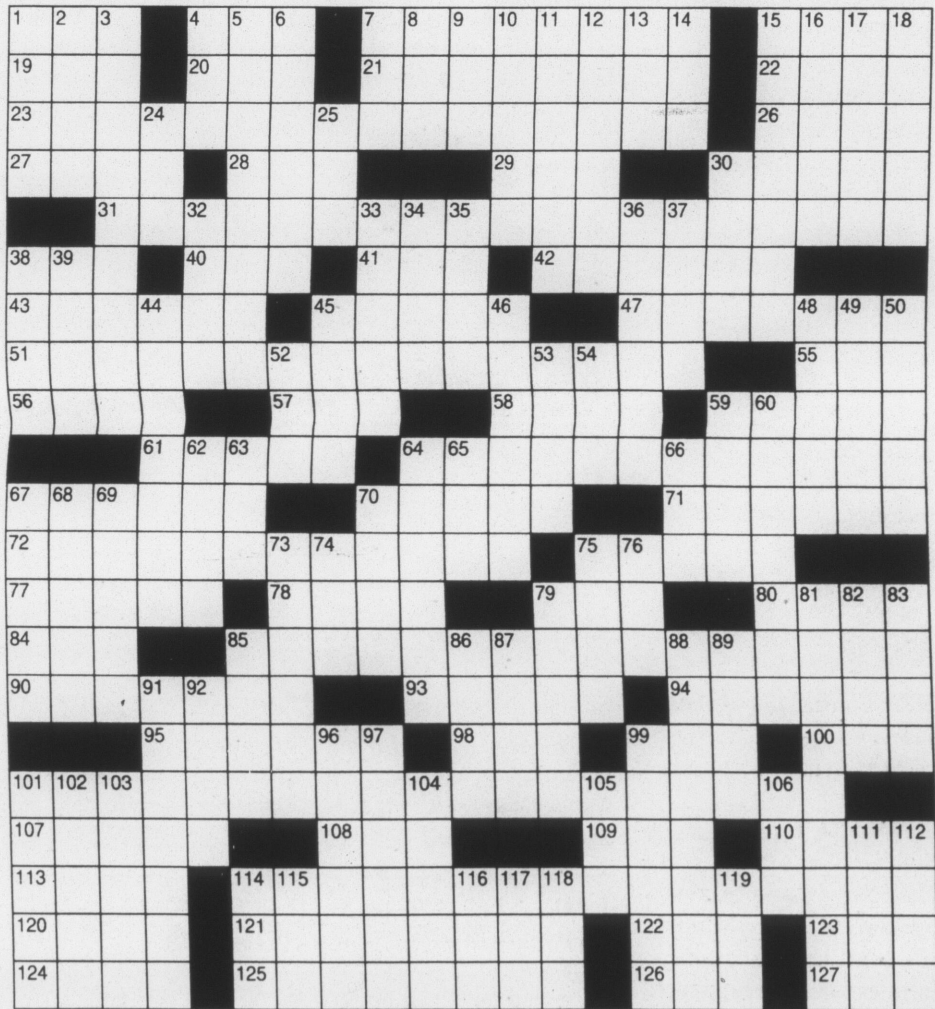
- 11 Born first
- 12 Alicia of ballet
- 13 Use stitches
- 14 "— a Rebel"
- 15 Like a single-part process
- 16 City of India
- 17 Barkin of "The Fan"
- 18 Street talk
- 24 Prefix with colonialism
- 25 Auction unit
- 30 Mars, to the Greeks
- 32 Move around in confusion
- 33 Pleistocene, for one
- 34 Spout off
- 35 Axis-vs.-Allies event
- 36 Singer Tina
- 37 Copycatted
- 38 Bill blocker
- 39 Eros, to the Romans
- 44 Young girls
- 45 Hang-up
- 46 Be logically connected
- 48 Letters after "had a farm"
- 49 Ache for
- 50 Subdued with a shock

52 Lead-in to lateral

- 53 Classic soda brand
- 54 Coach
- Parseghian
- 59 Very hot star
- 60 Anti-alcohol measures
- 62 Oct. exam for many juniors
- 63 Home: Abbr.
- 64 Compound in wine
- 65 Greedy type
- 66 Indigo, e.g.
- 67 Fix firmly
- 68 One of the Florida Keys
- 69 Cineplex
- (former theater chain)
- 70 Hurt severely
- 73 Following loyally
- 74 Zodiac beast
- 75 Plum used to flavor gin
- 76 Roman 1,051
- 79 Commercial lead-in to -gram or -matic
- 81 Shivered in fear or revulsion
- 82 Frilly veggie
- 83 Wild guess
- 85 Lewis of rock

86 Apt to pry

- 87 Artist Vincent van —
- 88 Master marksman
- 89 Actress Moran
- 91 Calvin Coolidge's college
- 92 Beginning of a web address
- 96 Papal envoy
- 97 2017 World Series winners
- 99 Gives rise to
- 101 Rachel Maddow's channel
- 102 Rome's land tested
- 103 Ground corn dish
- 104 Bum — in one's pocket
- 105 Chili holder
- 106 Foul up
- 111 Version being
- 112 Eden evictee
- 114 "I'm less than impressed"
- 115 "Who am — argue?"
- 116 Cave in
- 117 Siouan people
- 118 A small number of
- 119 Trellis plant



celebrity extra

by Dana Jackson

Q: I just watched "News of the World" with Tom Hanks, and he was great as always, but who was the little girl in the movie? How old is she in real life? She was really good, and I could see her being around on screen for years to come. -- A.G.

A: "News of the World," which was released in theaters and via video-on-demand, is a post-Civil War era film directed by Paul Greenberg. Hanks' character makes his money by reading the newspaper to townspeople as he travels throughout Texas. Along his journey, he finds an orphaned girl, played by Helena Zengel, and the two ride through treacherous territory, in more ways than one, to rehome her with her mother's relatives.

Zengel is 12 years old. She caught the attention of Greenberg with her lead performance in "System Crasher," which earned her the German equivalent of a best actress Oscar. She speaks her native German, but had to learn the language of the Kiowa people in "News" since her character was raised by the Native American tribe after her parents were murdered.

"News of the World" was filmed around Santa Fe, New Mexico, and is based on the 2016 novel by Paulette Jiles. I suspect you'll be seeing much more of Zengel in the years to come. She's never had an acting class and really held her own against the seasoned Hanks and other strong actors in the film, including Mare Winningham ("The Affair") and Elizabeth Marvel ("Law & Order: SVU").

Q: What happened to teen singer Brandy? Is she still around? I never hear about her anymore. -- F.A.

A: In yet another confirmation of the cliché "time flies," teen singer Brandy is 41 years old! She won a Grammy at age 19 for her duet "The Boy Is Mine" with singer Monica, and also became a TV star with her hit sitcom "Moesha" on the UPN channel. However, her fame had already been solidified when she attended Kobe Bryant's high-school prom as his date.

Brandy has had her share of ups and downs. She was in a car accident in 2006 and has battled severe depression, but decided to seek help for the sake of her daughter, Sy'Rai, who is now 18. Brandy also has a new album out, her first in eight years, titled "B7."

Q: Is there going to be another season of "Riverdale" on Netflix? If so,



Tom Hanks, Helena Zengel in "News of the World"

Photo credit: Universal Pictures

when? I hope we don't have to wait too long. -- G.G.

A: The new season of "Riverdale," its fifth, premiered Jan. 20. The first three episodes were originally intended to cap the end of season four, but due to the pandemic, they weren't able to complete last season's scripted episodes.

According to TVGuide.com, the new season will begin by wrapping up the teens' senior year of high school, with their prom and graduation. After that, the writers have figured out a way for the group to return to town in a storyline that will launch the remainder of season five.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWs, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|-----------------------|---------------|-------------------|---------------|
| 1. Toast topping | — U — — — | Pancake mix | — A — — — |
| 2. Bit by a bee | — — — — G | Publicity feat | — — — — T |
| 3. Hamburger shape | — A — — — | Silly | — U — — — |
| 4. Like some potatoes | — — — — H — — | Like some bandits | — — — — K — — |
| 5. Mix of metals | — — — — Y | Consent to | — — — — W |
| 6. Sweepstakes | — A — — — | Mess up feathers | — U — — — |
| 7. Courageous | — — — — E | Well done!! | — — — — O |
| 8. Weeping tree | — I — — — | Roll about in mud | — A — — — |
| 9. Ornate dress | — R — — — | Group of sheep | — L — — — |
| 10. Twin of Pollux | — — S — — | Hijacker | — — P — — |

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Weekly SUDOKU

by Linda Thistle



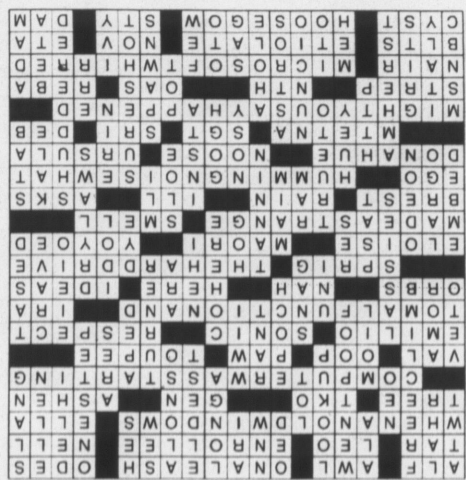
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

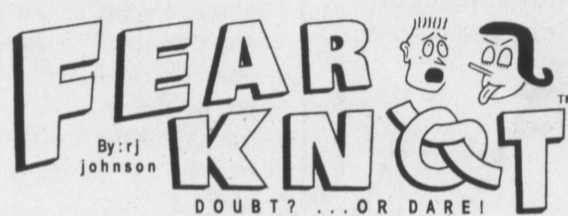
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Super Crossword

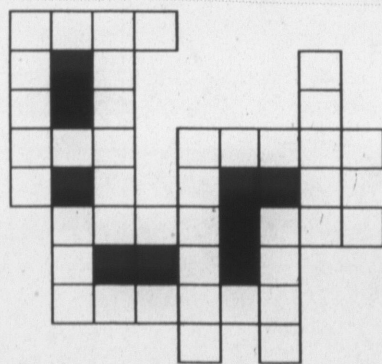


Even Exchange answers

- | | |
|-------------------|--------------------|
| 1. Butter, Butter | 6. Raffle, Raffle |
| 2. Stung, Stunt | 7. Brave, Bravo |
| 3. Patty, Putty | 8. Willow, Wallow |
| 4. Mashed, Masked | 9. Frock, Flock |
| 5. Alloy, Allow | 10. Castor, Captor |

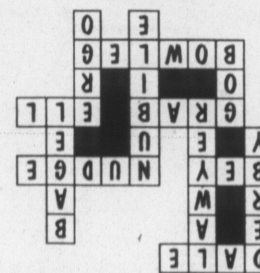


- LEL
WARELY
DEUGN
♥RBGA
♥GWOBLE
♥YEB
♥REOG
♥LEBGA
♥GBO
BULIEN
BRYDE
♥ALDE



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

FEAR KNIGHT answer



Weekly SUDOKU Answer



J
A
N

2
8

2
0
2
2
1

Amber Waves



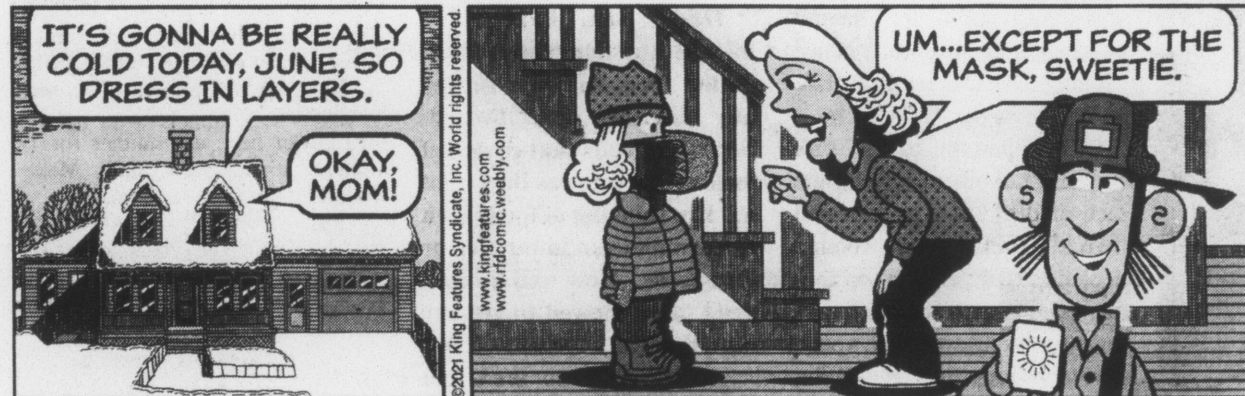
by Dave T. Phipps

Out on a Limb

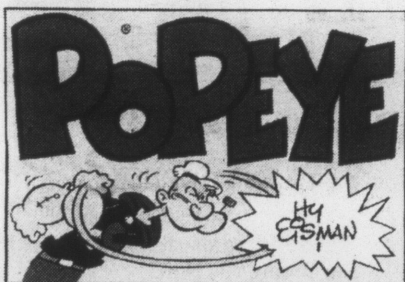


by Gary Kopervas

R.F.D.



by Mike Marland



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Heave
CRUHL

Shake
MORTER

Hitch
RECUSE

Meld
MELIGN

TODAY'S WORD

"We're switching back to
vacations."

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

5	1	3	6	6	1
2	1	1	3	6	5
4	1	2	1	6	3
6	2	1	3	3	3
3	2	5	4	1	2
1	6	5	5	5	4

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How Long Can Dog Stay Outside in the Snow?

DEAR PAW'S CORNER:

My dog loves to go outdoors, but I worry that it's too cold and icy for her to be outside right now. I'm housebound and unable to take "Sookie" out for walks or to play in the snow. I have a fenced yard, but I can't supervise her. My younger neighbor takes her out every morning for a few minutes, and that's it. What can I do? -- Sara P., Bennington, Vermont

DEAR SARAH: Big props to your neighbor for helping to take care of Sookie! Even on cold winter days, a few minutes outside can be uplifting for your dog. And a "relief," if you know what I mean. If Sookie stays in the fenced yard and comes when you

call her, it may be safe to let her out once or twice during the day. How long she stays out depends on her size and cold tolerance. Very small dogs should not be outside for more than a few minutes when it's below freezing, and should be wrapped up to get warm again quickly. Medium and large dogs can tolerate longer periods. The colder the air and the more ferocious the weather, the less time they should spend outside. When your dog comes in, either from her morning walk or from the fenced yard, rub down her fur with a dry towel and check the underside of her paws for cuts and abrasions. If she is shivering when she comes in, make sure she warms up, and ask your neighbor to bring her in a little sooner. Make sure that Sookie has plenty of water to drink throughout the day. Staying hydrated will help her stay warm.

Send your comments to ask@pawscorner.com.

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TOP TEN VIDEO, DVD for release week of Jan. 25, 2021

Video on Demand

1. Tenet (PG-13) John David Washington
2. Honest Thief (PG-13) Liam Neeson
3. The War with Grandpa (PG) Robert De Niro
4. The Croods: A New Age (PG) animated
5. Unhinged (R) Russell Crowe
6. Hunter Hunter (NR) Camille Sullivan
7. Shadow in the Cloud (R) Chloe Grace Moretz
8. All My Life (PG-13) Jessica Rothe
9. Breach (R) Cody Kearsley
10. Buddy Games (R) Dan Bakkedahl

DVD, Blu-ray Sales

1. Love and Monsters (PG-13) Paramount
2. Tenet (PG-13) Warner Bros.
3. Honest Thief (PG-13) Universal
4. Yellowstone: Season 3 (TV-MA) Paramount
5. The Office: The Complete Series (TV-14) Universal
6. Top Gun (PG) Paramount
7. Justice League (PG-13) Warner Bros.
8. Harry Potter: Complete 8-Film Collection (PG-13) Warner Bros.
9. The Meg (PG-13) Warner Bros.
10. Mulan (PG-13) Disney

Source: Comscore/Media Play News

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Hitori answer

4	5	5	5	9	1
2	5	4	1	3	3
3	3	3	3	2	9
3	6	1	2	4	1
5	6	3	6	5	2
1	6	9	3	6	1

SCRAMBLERS
Today's Word
3. Secure; 4. Mingle
1. Lurch 2. Tremor;
solution

FUN

COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

Shame, shame, shame?

A few years back on Facebook, I outed myself for a movie faux pas — I had never seen "Monty Python and the Holy Grail." It's one of those films that are quoted and referenced in all manner of ways, assuming much of the time that it's been universally viewed. And it turns out there are a great many of these films and just as many people out there who have never seen them — in the dark about their plots, not in on the joke and never intending to be. My post became a completely unofficial survey, with several titles popping up again and again. Have you seen them? What's your guilty little movie secret?

Star Wars — George Lucas' space saga has many chapters, and very opinionated fans. There are those who have seen the first three films from 1977-1983 (episodes 4, 5 and 6), but not the prequel trilogy from 1999-2005 (episodes 1, 2 and 3). Or those who have seen 1-6 (all by Lucas), but not the subsequent trilogy (episodes 7, 8 and 9) done after he sold the franchise.

Gone With the Wind — The Civil War raged, Scarlett O'Hara pouted and Rhett Butler didn't give a damn. So, too, did several people in my survey, who admitted that an almost four-hour running time was no enticement to view this 1939 classic.

The Goonies — This mid-'80s adventure starring Sean Astin as a little kid who chases the legend of One-Eyed Willie was pure gold to me, but not to many of my younger friends, who admit to not having made time to "Never Say Die!"

The Godfather — Marlon Brando and Al Pacino shepherd the Corleone family through good times and bad,

but you have to see it to know what offer the Don makes that can't be refused or what it means when someone "sleeps with the fishes."

The Wizard of Oz — "Follow the yellow brick road" to a place that's "not in Kansas anymore." Many of my respondents admitted that even if they hadn't seen the film start to finish, they feel like they've seen it as ubiquitously as the film is referenced.

A Christmas Story and "It's a Wonderful Life" — Two holiday masterpieces that run so much during the season that it's hard to believe ANYONE could have escaped viewing, but nonetheless both ranked highly on the secretly-never-seen list.

Pulp Fiction — Quentin Tarantino turned the movie-making industry on its head with this super-cool and eminently quotable flick that weaves together the stories of criminals and criminal adjacents.



Warner Bros. Entertainment

Scene from "The Goonies"

The Sound of Music — Julie Andrews plays Maria, governess to seven children, who sparks a love of music and joy that lead to a family band. Today's teeny-boppers may be surprised to find that one of this musical's numbers is the source of Ariana Grande's "7 Rings" riff.

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Contract Bridge

WHERE THERE'S A WILL,
THERE'S A WAY

South dealer.

Neither side vulnerable.

NORTH

♦ 8 2

♥ J 10 8 4 3

♦ A 9 4

♣ 10 7 6

WEST

♦ K Q 9 4

♥ A

♦ 10 8 5

♣ 9 8 5 3 2

EAST

♠ 10 7 6 5 3

♥ K 6

♦ 7 6 2

♣ A J 4

SOUTH

♠ A J

♥ Q 9 7 5 2

♦ K Q J 3

♣ K Q

The bidding:

South	West	North	East
1 ♥	Pass	2 ♥	Pass
4 ♥			

Opening lead — king of spades.

There are some deals where, after you've seen the dummy, you wonder how your side ever got so high. Granting that in the great majority of cases it's all your partner's fault, you're still duty-bound to try to make the contract, no matter how impossible this may seem.

Suppose, for example, you wind up in four hearts in today's deal. The contract seems to have no chance: The loss of a spade, a club and the A-K of trump appears inevitable.

There are three ways to approach such a situation. First, you can resign yourself to defeat and graciously go down one. However, that attitude is hardly likely to improve your stature as a bridge player.

Second, you can look for a legitimate way to make the contract, even if this requires a highly unlikely distribution of the opposing cards. Finally, you can resort to some form of chicanery in an effort to balk the opposition out of their proper due.

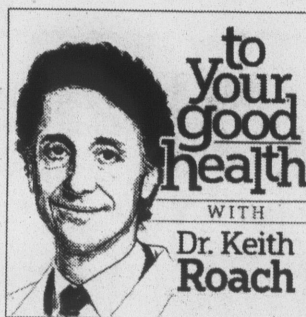
For instance, you could cross to dummy after taking the ace of spades and lead the jack of hearts, hoping to induce your right-hand opponent to cover with the king from K-x. But there is no reason to think that East was born yesterday, so your best bet is to seek a legitimate way to achieve your goal.

Then it hits you. If the missing diamonds are divided 3-3, the contract may be unbeatable. So you cash the A-K-Q, and after everyone follows, you lead the jack, planning to discard dummy's spade regardless of what either defender does.

In the actual layout, if West ruffs with the ace, your only remaining losers are the king of hearts and ace of clubs. And if West doesn't ruff, East can trump with the six, but the A-K will then fall together when you regain the lead and play a trump. Either way, you wind up losing only two trump tricks and the ace of clubs — and there isn't anything the opponents can do about it!

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by Steve Becker



This Rapid Heartbeat Appears Normal On EKG

DEAR DR. ROACH: I had symptoms of lightheadedness, so my doctor ordered an EKG and sent me to a cardiologist. They did a heart monitor for a week and said I have inappropriate sinus tachycardia but that I don't need any treatment. I'm still having symptoms. What can I do? -- B.V.

ANSWER: Inappropriate sinus tachycardia is an uncommon diagnosis, most often seen in women in their 30s. The heart rate is fast ("tachycardia"), but on an EKG it appears normal, meaning it comes from the sino-atrial node, the natural pacemaker of the heart, hence "sinus." The average heart rate must be over 90 for 24 hours.

It's important to be sure there isn't another cause for the tachycardia, such as elevated thyroid levels, fever, volume depletion (dehydration) or anemia. The symptoms may continue for months or even years. Common symptoms include the lightheadedness you felt, but may also include palpitations, shortness of breath, dizziness and decreased ability to exercise.

The diagnosis can sometimes be confused with POTS (postural orthostatic tachycardia syndrome), where the heart rate dramatically increases with changing to an upright position. A tilt-table test is the diagnostic tool for POTS.

If there is no other reason for sinus tachycardia, then medication may be used to reduce symptoms. A beta blocker is the usual first choice, but there are others available.

I found some more information at <https://tinyurl.com/IST->

heart that may be useful for you.

DEAR DR. ROACH: I am a woman going crazy with hair loss. My hair has always been long and thick, but it is coming out in handfuls. I can only think it must be due to my blood pressure medicines. I've been taking amlodipine and lisinopril for years. I'm in good health and 90 years young. -- M.

ANSWER: It is unlikely that the hair loss is due to either amlodipine or lisinopril. Neither of these are well described to provoke hair loss, and if a medicine is going to do that, it usually does within a few months.

The most common cause of hair loss in a 90-year-old woman is female pattern hair loss, in which the hair loss is mostly on the front and top of the scalp. However, there are several causes of hair loss, and a dermatologist may be helpful in determining the cause and treatment.

Please don't stop taking your blood pressure medicine.

DEAR DR. ROACH: I have a question about undigested food. Are you getting any nutrients, other than fiber, from foods that come out looking the same as they went in? I'm thinking of foods such as corn and sunflower, flax or chia seeds. How well do they need to be chewed to get any nutrition from them? -- L.W.

ANSWER: Many seeds and corn need to be chewed very well in order to be absorbed by the body. They have a large amount of undigestible fiber, which will never be absorbed. Chia seeds, unlike flax or sunflower seeds, are pretty easily digested by most people, but you can grind them and soak them ahead of time to make it easier for your body to digest.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Comfort foods

Made fast and healthy



by Healthy Exchanges

Hungarian Chicken Goulash

Goulash and Hungary are truly synonymous in the cooking world. Our version offers a new twist on an old favorite by simply substituting cooked chicken (or turkey, if you prefer) for the traditional beef. Enjoy!

- 1/2 cup finely chopped onion
- 1 cup frozen cut green beans, thawed
- 1 (15-ounce) can diced tomatoes, undrained
- 1 (8-ounce) can tomato sauce
- Sugar substitute to equal 1 tablespoon sugar, suitable for cooking
- 1 tablespoon paprika
- 2 cups hot, cooked noodles, rinsed and drained
- 1 1/2 cups diced, cooked chicken breast

1. In a large skillet sprayed with butter-flavored cooking spray, saute onion and green beans for 5 minutes. Stir in undrained tomatoes, tomato sauce, sugar substitute and paprika. Add noodles and chicken. Mix well to combine.

2. Lower heat and simmer for 10 minutes, stirring occasionally. Makes 4 (1 1/2 cups each) servings.

• Each serving equals: About 259 calories, 3g fat, 24g protein, 34g carb., 735mg sodium, 4g fiber; Diabetic Exchanges: 2 Meat, 2 Vegetable, 1 1/2 Starch.

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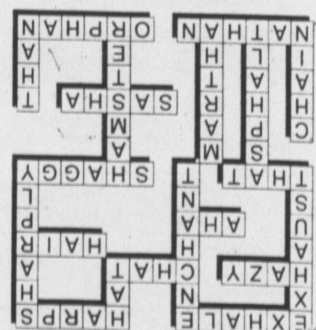


1. Name the group that had a hit with "I'm Telling You Now."
2. Which Beatles song was originally titled "Daisy Hawkins"?
3. What blues singer who was born McKinley Morganfield.
4. Who originally released "Our Day Will Come"?
5. Name the song that contains this lyric: "We go along harmonizing a song, or I'm reciting a poem, The owls go by and they give me the eye."

Answers

1. Freddie and the Dreamers, in 1965. Hunt up a copy of the original song (YouTube) and listen to lead singer Freddie Garrity. The world was denied a great singer when the group's success never materialized.
2. "Eleanor Rigby," in 1966. Paul McCartney wrote the song in pieces, after originally coming up with the Daisy Hawkins line.
3. Muddy Waters, often cited as the "father of modern Chicago blues." He was first recorded by the Library of Congress folk music project in 1941.
4. Ruby & The Romantics, in 1963, followed by numerous others that same year.
5. "Walkin' My Baby Back Home," most notably by Johnnie Ray in 1952. Ray was deaf due to a childhood accident, but is considered by many as the father of rock and roll.

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Puzzles4Kids

by Helene Hovanec

CRISSCROSS — HA!

Each word will fit into one spot in the grid. Use the starting letters as a guide and fit each word into its spot. All words will be used, so cross off each one after you put it into the grid.

3 Letters

AHA

HAT

4 Letters

CHAT

HAIR

HAZY

THAN

THAT

5 Letters

CHAIN

HARPS

SASHA

6 Letters

EXHALE

MARTHA

NATHAN

ORPHAN

SHAGGY

7 Letters

ASPHALT

ENCHANT

EXHAUST

HAMSTER

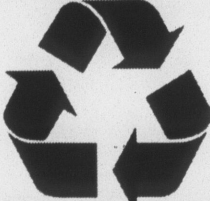
SHARPLY

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	PALMER STREET MARKET 231 Palmer St.	5 CORNER FOOD MART 163 Newbury Ave.
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Atria Marina Place Residents 'Sleeve Up' For Vaccine



ATRIA MARINA PLACE staff and residents received one of the first batches of the Pfizer-COVID-19 vaccines at the North Quincy community Jan. 16th. Most of the community "sleeved up" for the much-awaited shot in the arm. The double-dose vaccine will follow with another clinic in three weeks. Shown here receiving their vaccines are (clockwise from top left) resident Mary Ravanese, resident Dolly Donovan, staff member Nelly Vargas and staff member Averyll DePalmer. Photos Courtesy Stephanie Graham



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